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SAVVY TIMES



Welcome to the Journey! Issue 9, October 2005

The Official Parelli Savvy Club Magazine

How Do You Eat an Elephant?

Working Cattle the Natural Way

The Science of Confidence





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Issue 9, October 2005

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Pat Parelli & Magic at the
Pat Parelli Center in Ocala, Florida





As I drove over Nevada's Connor Pass, elevation 7700+ feet, on Highway 50 (the loneliest highway in the world), I braked to a complete stop as I came upon a cowboy wearing a ball cap and boots, astride a bull-dog-type horse, riding on the edge of the road. He had a long stock whip in his right hand, and as my eyes followed the stock whip, I realized that he was herding a small group of Angus cows and calves in the ravine below. I waited for him to drive them out of the ravine and across the road, impressed by how he and his horse were a team. It was tough to discern where one started and the other one ended; horse and rider blended together as real partners. I was tempted to get out and offer to help (in my ridiculously zealous dream of being a *real* cowgirl), and in a nano-second realized that it would only appear dumb of me.

Driving this particular highway always does my heart good. There are miles and miles of pretty much nothing, occasionally punctuated with a tiny town with kids in the middle of the street on their bikes, clutching a can of Mountain Dew in one hand, and curtained cafes with signs touting "Mom's homemade pies" tempting you inside. The piñons go on forever, and the unobstructed vistas make me glad to be there, glad that there's not much else but this road, me, and the vast landscape. For some reason, I breathe a little differently, deeper and richer.

It seems simpler out there; sometimes that's exactly what my heart needs and longs for. As I drove along, I thought about the parallels between these feelings and what I experience with Parelli. Oftentimes Parelli provokes those same kind of emotions from me, especially when I see people achieve that quiet partnership with a horse, or learn patience, or begin to understand "feel," or when that light bulb goes on and the thought goes directly to their core of being. It's a good feeling, one that has meaning, substance. I've seen people in this program span emotions from sheer grit to being able to suggest to their horse with only a peacock feather. Plain and simple, it's special.

• • •

I am often enraptured by hearing stories from people about how Parelli changed their lives. That change is mostly with their relationship with horses, but there are other changes, too, that zing their way into people's lives.

A very dear woman who has been studying with Pat for well over a decade and has carefully catalogued every piece of Parelli material she could lay her hands on, shared her story with me recently, and it sent me diving for the Kleenex box. All her life she had difficulties with reading, to the point of being, as she said, pretty much illiterate. She had attended a number of clinics with Pat, enthused about learning the Parelli program, and had coordinated a number of clinics for Pat. She was Parelli all the way, heart and soul.

Then Pat's first book came out. And she couldn't read.

This woman so desperately wanted to read every word in Pat's book that she pulled herself up by the boot straps and

became determined to conquer that dark secret she had held all those years. And that's exactly what she did. She learned to read, as an adult, in order to read Pat's book. Talk about life changing...

Another woman told me her story about sharing Parelli with at-risk kids. One particular young man, who apparently was "attention deficit disorder" to the highest degree (among having other neurological difficulties) was introduced to the concept of Phases. He would always start with Phase 4 or higher (even in simulation games), because that's how he addressed everything. The power of understanding how to get results at Phase 1 made such a difference in this young man, that his teachers, family, and fellow students are all amazed at how much he had changed.

When he was finally introduced to horses, after achieving success with simulations, he turned to his Parelli instructor and said, "Now I know what it feels like to be a teacher." His focus had changed. He had experienced success at Phase 1, something totally foreign to him all his life. For years we've known that our brains affect our behavior, but now science has proven that the converse is true: behavior can affect our brains. And behavior is such a big part of success in the Parelli program! This particular story just proved to me, once again, that the principles and foundation of the Parelli program are so universal to all aspects of life...

• • •

The 2005 Savvy Conference is over, and I'm feeling a bit of withdrawal. The community we create during those three days is so supportive, so fun, so full of camaraderie. The ranch looks a bit naked now; the huge white tents are gone, the bleachers are out of the Big Top, there are no more cars lining the pastures, and everyone has gone home.

But the memories, ideas, and vision linger on. I can hardly wait to see what Pat and Linda have in store for 2006...

Kate

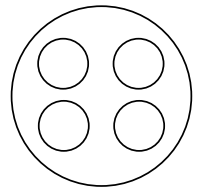


Savvy Playground Obstacles: The Honeycomb

The Honeycomb was Pat's brilliant idea as an addition to our playgrounds at the Parelli Centers!

Pat needed to design a facility where Instructors could teach Liberty sessions to more than one student at a time, both inside the round corral and outside of it playing "Stick to Me." For a teacher it also makes it easier to watch students as a group.

Since then, the Honeycomb has become much more than just for Liberty... it's a superb way to do Passenger Lessons, building confidence by progressing from inside the round corral to inside the big ring surrounding the corrals, and to follow the rail... inside the round corral, outside the round corral, inside the big ring, outside the big ring, and even from one round corral rail to the other. It's also a natural Clover Leaf pattern!





GREETINGS FROM IRAQ



I would first like to say that it took a lot of convincing from friends and family to get me to write this. I have had horses for all of my life and have really got into training about 10 years ago.

About four years ago I was in the mountains of North Carolina on vacation. My father-in-law bought me a Western Horseman book on natural horsemanship. It goes without saying this was Pat's book. I spent the next week intrigued, although with quite a bit of apprehension about Pat's techniques.

About a month after I returned home I was asked to "break" a six-year-old Quarter Horse that had been lost on 800 acres for the past four years. I knew that to catch or rope this animal and to get him rideable would take some non-traditional actions. The book was still very heavy on my mind. I made a personal "secret" pact to use Pat's techniques to play with this animal. I say "secret" because I was shy about letting anyone know what type of training I was doing. After about two hours of arriving at the pasture we had caught and loaded the animal. We made the trip home and unloaded the horse into the round pen. This horse was a very impressive, well-built animal that got a second look from everyone who saw him.

After a week of simple Seven Games and ground work he was a totally different animal. I became a real believer of the program when he slipped out of the round pen and headed for a 100 acre open. My heart dropped as I saw him head for the wood line. I calmly walked to the edge of the wood line and stood. To my surprise this animal turned and faced.

I backed up and he followed me back to the round pen. To make a long story short, over the next 60 days I had developed such a bond with this horse that I ended up buying him from the lady and I still have him today.

Since that day I have longed for more and more natural techniques and have trained over 25 horses using the basic principles that Pat teaches. The Savvy Club has been a great source of information and I am always excited to get the next issue.

In March I received orders to deploy to Iraq and have missed all the horses that I had lined up to play with.

I have a small DVD player and am still watching Parelli DVDs from the Savvy Club whenever I get a chance. I also purchased the Level 1 and have found that entertaining as well.



The photo I have attached is of a mare that I have been playing with for about two years. The foal is about 30 days in the photo and I was so looking forward to imprinting her as Pat is doing with Smart Seven. I was able to spend about 30 days with her prior to flying to Iraq. The mare is quite pleasurable to ride with nothing but a Savvy String, as you can see from the photo. The foal I truly believe would follow me into the house if I asked her.

—Steve Hayden

Editor's Note: I corresponded a few times with Steve, and here's his last note: "I will be stationed in Iraq until July of 2006. Time travels pretty fast if you don't focus on the re-deployment date. I lead a civil affairs team, part of special operations. Our main focus is agriculture,

and I had hoped to possibly work with horses while I was over here. However, the majority of our work has focused on crops, sheep, and cattle. I guess I won't be able to start the Iraq chapter of Parelli."

PARELLI BEHIND THE BUSHES

Raise your hand if you have ever been kicked out of the arena by a traditional trainer. I have. Since my riding time is in the mornings, I ride when the trainers are working their horses. I have been working on Parelli with my horse for almost a year now. I have passed Level 1 officially (yea!) and I am working on Level 2. I am treated by the other trainers with everything from bemused indifference to open hostility.

One of the great things about Parelli is that not only do you get more arrows in your quiver to help deal with your horse, these same arrows can help you deal with the traditional trainers as well. I have found that a great opening line, the six keys to success, love, language, leadership, the 45 Ps and a great sense of humor are as useful in your relationships with other trainers as they are with your horse.

My opening line is, "I am training my horse using Parelli's training methods through Level 3. When I get there, I will know enough about the system and methods to intelligently evaluate it. Until then, you will have to do with my status reports." There is not one of the trainers who can argue with any of that. In making it clear that until I pass Level 3, my knowledge of the program is incomplete, I also make it clear that unless they have taken a horse through Level 3, their knowledge is also incomplete.

My post Level 1 status report is, "I am having a blast and my horse is much better." You can find me easily in the barn. I'm the one who is smiling

and laughing with my horse. My horse's progress is speaking for itself now, very loudly.

Now add the six keys to success, love, language and leadership and the 45 Ps. You will need a lot of imagination, a lot of love to present natural language and leadership to your horse, and a lot of passive persistence in the proper position to stick with it.

Your best arrow of all is a great sense of humor. You are doing something you have never done before with a horse who has never seen it from a human before. You are both learning and learning involves being awkward. That is going to look funny to traditional trainers. Relish the awkward; it means you are growing as a person.

Understand also that what you are doing can be perceived as very threatening to a traditional trainer. They need to be seen as 'horse gods' by their clients and students. Here is this nobody in the arena making amazing progress with this nothing horse using techniques they do not understand. For them to understand they would have to learn, to learn they would have to be awkward, and they cannot appear to be awkward, ever. Sad, really, when you think about it.

The trainers are still bemused, and some are still openly hostile. I have my sights set firmly on Level 3 and at that time I will be able to give y'all an intelligent evaluation of Parelli. As for now, I'm having a blast and my horse is doing much better, thank you.

—Kristine Stafford, Fort Worth, Texas

SAVING SANDY...

Something amazing happened to me last week! My husband, son and I went to a camp up by Port Allegeny, Pennsylvania for a nice weekend. We

were riding on our 4-wheeler and came across some hoof marks in the mud. We thought this was odd because no one rides horses there because of all the black bears. So we just went "hmm..." and went back to the camp.

After about an hour some guys came riding down on horseback and asked if we had seen a horse running about. Sandy, a four-to-five-year-old Quarter Horse gelding, had run off while being sprayed with fly spray and had been missing for 36 hours. We told them about the tracks we had seen and hopped on the bike to aid in the search. Needless to say, my hope that Sandy would be okay diminished when I was told he was wearing full tack.

We first went back to the place where we saw the hoof prints in the mud, but the other men had ridden through and we had to guess the direction. We rode around for about two hours until just a little way up this one trail we came across a saddle blanket. It was still wet! My spirits soared as we continued. Then, just as we made the corner there he was! I think our sudden appearance spooked him because Sandy jumped straight in the air, did a 180 and his legs were moving all out before they hit the ground. My husband went for the chase and I yelled at him to stop! After a few pounding fists on his back my husband finally listened. Just up ahead Sandy stopped as well. I could tell he was scared to death.

Flashes of "The Catching Game" and everything Parelli I have watched and read came to me! I've been a little out of practice since my partner passed last summer, but I knew what I needed to do. Somewhere in my

thinking process my husband had gotten off the bike and was in the bent over, hand-out position. I told him to, "Stop! Don't look at him! Everyone turn around!" After a moment of looking at me like I was completely insane, he turned and went back to the bike and said, "I am going to get the HORSEMEN." (My husband was never a believer in or supporter of Parelli.)

So, there we were—my four-year-old son Keaton, myself and a flipped-out prey animal, in the middle of black bear country about 200 yards from some fresh bear sign! But I felt such compassion for Sandy and I knew that I could get him to come to me. Keaton and I sat with our backs to Sandy for about 10 minutes or so, then I stood up, turned around and had a look. His head was still up, his ears still forward, still bugged out. I said his name and clucked then turned back around, but just enough so I could see him out of the corner of my eye. I did this on and off for another five minutes until his head came down some. I took a couple steps toward him and he was fine. I turned again and walked back to Keaton. Then I heard it! I heard Sandy's footsteps coming to me! I stopped and Sandy and I did this dance for a little while, but it wasn't much longer until I felt a nudge on

LETTERS CONTINUE ON PAGE 16.



Each issue of Savvy Times features a particular subject to which our readers can respond. The deadlines following are when your 250-word submission must be received to be considered for publishing.

January '06 Issue:

"Techniques"

Nov 14, '05

April '06 Issue:

"Time" Feb 12, '06

July '06 Issue:

"Imagination"

May 15, '06

Please send submissions via e-mail to: savvyclub@parelli.com or via U.S. Postal Service to: Savvy Times, c/o Parelli, PO Box 3729, Pagosa Springs, Colorado, 81147. Thanks!

Please note that the photos shown in this section are not necessarily of the people who contributed to "Readers Write About."

Our best tools are sometimes the ones we overlook at first. I live in a small town with a few very good veterinarians and farriers. Unfortunately the savvy levels of these necessary equine practitioners can vary greatly. After a couple of situations that escalated to the use of force when my horse was uneasy about accepting treatment, I was stuck in a place where I still needed a vet and farrier, even if they didn't agree with me on how to handle a horse.

I decided it was my job as herd leader to protect my horse by better preparing her beforehand. I gathered up simulation tools to play friendly games. In a large tin coffee can I placed an old dull rasp, hoof pick and small hammer. She followed me as I walked around shaking the noisy tools, she smelled it, we rubbed it all over her body, I drug it around on the ground while picking out her feet. With an axe and dull rasp I carved a large piece of firewood into a simulated farrier's stand. We practiced stretching her feet out in front of her and resting them on the farrier's stand. I'd tap and use my dull rasp with approach and retreat until she was absolutely comfortable with the noises, vibrations and balancing in such unusual positions.

Then I escalated my energy level, moving about quicker, standing up fast, tossing tools around and bumping her belly. I wanted to simulate in a trusting environment the behavior she would see in a farrier or vet pressed for time and beginning to get tense. My goal was for my horse to see this behavior as normal and non-threatening.

It worked great! I was so happy to see my little filly standing there so quietly, especially knowing the potential fear and intimidation I had saved her from. The following farrier and vet visits went from swearing to blessings. Both commented on how much she'd changed in the four to six weeks that had passed. I was able to accomplish so much using so little.

I think our skill of observation and thinking outside the box by using common things around us is our greatest tool. We don't need gizmos and gadgets to fix problems, we just need to think them through and find the approach that makes the most sense to our horse.

—TAMI PRITCHETT

Once upon a time a long time ago, I was changing a timing chain in a 1969 Pontiac Firebird. I was doing this because I thought it would save time and money, of which I had neither. After two days of frustration of trying to get the proper socket on the bolts that held the cover on the timing chain, I broke down and asked for some help. This is sort of like asking for directions. The answer was fairly simple—one needs the proper tools to do the job at hand.

Point being here is that the proper tool not only helps but can be a necessity. I find that the Parelli halter and rope are a necessity to following the guide books and the Parelli program. I found that on some copies of halters that there is no snap. If you are to get to Phase 4 in the Yo-Yo Game, the snap becomes very important. I have also found that all rope halters are not created equal. The Parelli halter is soft, not stiff as many others.

Overall we have been using the tools that Parelli has provided with great success. When we started with Level 1 trying to understand what we were doing as the 12-foot Line and the Savvy String were wrapped around our necks and legs, we finally got to a point of understanding the function and application of these tools. Since then the success with our horses has been dramatic.

And then came the 45-foot Line...

—BILL COON, HERRIMAN, UTAH

It has taken me a while to think about tools and what there is to say. In learning the Parelli program, I think it is vital that you get comfortable using the ropes and Carrot Stick. It takes lots of practice just handling each piece of equipment. Getting the feel of the rope, using each hand, tossing it back and forth all takes practice. Then getting comfortable using it with a horse attached takes time. Then there is the Carrot Stick—that can be really awkward especially if you are a small woman. Then there is learning rope tying and how to do it, so if a problem happens it will easily come undone.

It takes practice, practice, practice to get good with all the Parelli tools. If you are a dedicated student and



practice, it all becomes second nature. I am bringing my second horse through the program. He is a challenging horse, but being able to use my tools effectively makes all the difference in our progress, especially with the 22-foot Line. I used to get all tangled up and would feel awkward. If you persevere, eventually it comes.

Getting lightness, having good timing, getting good hands, learning to use natural tools is worth the effort. Once you get it, you have it forever. Thanks, Pat and Linda.

—DEBI PETERSON

When you think about it, most of us were born with a pair of very versatile tools, one of which is often under used. Our hands.

It's obvious that most people tend to be right-handed or left-handed and while some lefties have been forced in school to write right-handed, people tend to be pretty one sided. We've seen that in our horses too.

When I first discovered Pat and his teaching in the early '90s I was impressed that he stressed getting your horse balanced, working equally well on both sides. Like most folks I had been taught to saddle 'em, lead 'em and mount 'em from the near side and the concept of going around to the "wrong" side was not only foreign to me but a very scary prospect for my Belgian mare, Summer. Needless to say I was a little awkward with all of those off-side tasks and that made the mare a little skittish, to say the least.

Since I was a boy there have been a few things I've done with my left hand (I'm right-handed) like using my fork to eat. So I figured with a little effort I could learn to use my left hand for jobs around the barn. Poop scooping was the first task I picked. Suddenly things I gave no thought to whatsoever, like how do I hold the manure fork, even how I stand, became challenges.

Pat's advice, "break it down and slow it down," was the key to my success. I carefully watched what I was doing right-handed, where each hand was placed, was it under handed or over handed, what my stance was like. Then I'd switch hands, set myself up and try to scoop. The hardest part was learning to relax into it and take the time it takes. I got so into it that I forgot to use something else we learn in the program, "reward the slightest try." Which, in this case, would have been taking a break. I set up our feed room so that I had to scoop pellets with my left hand. As I progressed with those tasks I noticed that I also became much better at using my Parelli tools as well.

For the most part ranch tasks tend to be gross motor skills. Last December I decided it was time to start venturing into fine motor skills. My first task is brushing

my teeth left-handed; by the time you read this I should be pretty good at it.

I know the more skilled I become with my personal tools the better balanced and versatile I'll become and the easier it will be for me to help my horses do the same.

—RON SILL, PALMDALE, CALIFORNIA

P.S. Recently, while teaching a vaulting component at David Lichman's Spring Camp, I learned from David that Pat gives his instructors an assignment to switch hands for a certain bathroom task. I haven't tried that one yet.

Carry an orange stick? No way!

They say you can define a horseman by the tools he uses. In the beginning of my Parelli Journey, I had a little problem with being defined by an orange stick. The world I was used to consisted of horses polished to perfection, matching saddle pads with color-coordinated polo wraps, expensive tack cleaned to perfection... and my wonderful Dressage attitude, which didn't think much of an orange stick.

I started Parelli after seeing Pat and Linda at Equine Affaire in Ohio in 2001. I had come to a crossroads with my Dressage training and I was looking for a new direction. I was tired of fighting with my horse and was looking for something different, something we could both enjoy. Pat and Linda's demonstrations gave me that new direction (and boy, was it different). I purchased my Level 1 and equipment shortly after returning home and started on my journey into the world of natural horsemanship.

I began going through the theory book and pocket guides and really loved the concepts Pat presented. I gave up polo wraps and replaced my fancy bridle with the rope halter and 12-foot Line, but still couldn't get past the whole orange stick thing. I literally convinced myself that I was going to complete the program without that darn Carrot Stick.

In October of 2001, I went to my first Parelli clinic, which just so happened to be with one of Pat's 5-Star Instructors, Dave Ellis. I'd never met a real cowboy before, let alone taken a lesson with one. Well, that orange stick was used a lot that weekend. I had to not only use that





darn thing in the groundwork, but also had to ride with it. I can now say from experience that the last place you want to get your horse used to an orange stick is when you're in a clinic with 20 of your peers and a cowboy. Talk about a humbling experience!

Imagine this: 20 horses loose in a ring, riding in all different directions, pushing turns with their Carrot Sticks. Now throw in a Dressage rider, riding her horse—who is afraid of the one Carrot Stick, not to mention everyone else's. This was not much fun for either of us.

Next, Dave had us do transitions from canter to trot, trot to walk, and walk to halt along a fence with our Carrot Sticks. I have to admit, I could only get the walk to halt transition and this was after many minutes of my horse trying to run through the pressure from the Carrot Stick. I'd never felt so out of control and embarrassed. I remember being close to tears until I heard Dave's voice telling me that I was doing fine and we were looking great. I thought to myself, "Things are looking great?" Thanks to Dave, I kept going and finished the rest of the clinic. He'd helped me to understand that the Carrot Stick is just an extension of myself. If our horses trust us, they need to also trust our tools. I learned a great truth that weekend: My horse did not trust me. He was afraid of me, not my tool.

It was that clinic with Dave that really made me realize how much I wanted natural horsemanship and what I was willing to do to obtain savvy. Pat has so many layers to his concepts that I am still figuring out things I missed in Level 1.

I've also learned there are many layers to the orange stick. There is something about the color orange that helps keep you humble. It's hard to get all hung up on yourself when you're carrying around an orange stick. The color orange also stands out like a sore thumb, so it's hard to hide what you're doing. I think once you can feel comfortable carrying around your Carrot Stick, you are truly committed to Pat's program. You learn not to care what others think, and that is when you are ready to make changes in yourself.

When I returned home I decided that no matter how much I disliked the orange stick, I would not just carry it with me, but would learn how to use it with savvy.

I am working toward finishing my Level 3 and for my graduation picture, I may just be sporting my orange stick—with a matching orange saddle pad and orange polo wraps. Just kidding!

—SUSAN LAFFERTY, VALPARAISO, INDIANA

The whole collection of the Parelli tools is definitely the best available and I now feel naked without my stick. Going back to my old standard tools and equipment would be like living without electricity. I suppose that I could live without electricity if I had to, but I certainly wouldn't choose that option on purpose. The Parelli tools, like electricity, certainly do make our life easier and more effective. Having said that, I would like to focus on another tool that is just as important, if not more so, than the tools that Pat has developed with genius. Our mind is the most powerful and effective, yet dangerous, tool that we can possess. It can be our best friend and our worst enemy.

The mind is what the brain does. Every person's brain is as unique as their fingerprints. The brain is continually revising itself throughout life. The last area of the brain to reach maturity is the prefrontal cortex, where we make social judgments, weigh alternatives, plan for the future, and hold our behavior in check. Therefore, no matter what the tools look like that we hold in our hands, we can use them with a wide variance of effectiveness depending upon how we choose to use our mind.

One of my favorite Pat quotes is "you can lead some people to knowledge, but you can't make them think." The knowledge that Pat is disseminating through his program is the most powerful tool that he has given us. If we will dedicate ourselves not only to perspiration, but also to expanding and developing our thinking skills, the tools we wield can become a part of our unconscious. If we carefully assess our habitual patterns of thinking, we will be prepared to use the tools we have with competence and excellence beyond our wildest imaginations.

Once we begin to implement the tools of knowledge by utilizing our mind, we hope that it would steer us to the "Soft Feel" that we all crave. The tool of knowledge coupled with disciplined thoughtfulness does not necessarily produce a sensitive "FEEL." Let me give you an example:

I was recently injured in a horse accident. My rotator cuff, bicep and triceps were all massively torn. Consequently, I am in pre-surgery physical therapy to regain strength and range of motion before the repair. I recently had an experience with two different therapists that taught me tools, knowledge, and thinking must be exercised with "FEEL" in order to be productive. Both of the therapists had the correct tools, but only one of them exhibited "FEEL."

When I was handled by the therapist with "Feel," I felt tolerable pain, confident, relaxed, willing, and flexible. When I was in the hands of the fumbling therapist who lacked feel, I felt intolerable pain, fear, anxiety, and tension, even anger and resistance.

I can now empathize in new ways with the horse that is at the mercy of a human lacking "Feel" but equipped with all the correct tools. It is not difficult to understand why a horse may be resistant when he is being pushed around by a handler without precise "Feel." I can now also imagine why the horse may not want to be caught by certain people.

I understand now why the Parelli program uses a system of building blocks, progressing slowly, and adding new tools at stages; not only based upon knowledge but "Feel." A variety of tools is necessary to advance us in our horsemanship journey. However, it is the manner in which we apply and adapt these tools that determines our success.

Electricity can be used in both destructive and constructive practices. Do I want to survive without it? No way! Can I continue my horsemanship journey without the tools that Parelli has provided me? NO WAY!

—SHERRY JARVIS

I remember when I bought my first horse how desperate I was to get out and ride him every day, fearing if I didn't that all his professional training would "leak" right out and I'd have to deal with a wild bronc again. As a new horse owner I didn't have any other "arrows in my quiver" except riding and exposure. When my horse would sit for several days without being ridden, I paid for it.

I realized others faced the same anxieties when talking with a friend recently who had just bought a new horse, only to have a severe illness prevent her from riding for several months. She expressed dread and fear about getting back in the saddle after such a long hiatus. As I listened to her I was thinking, "I am SO grateful not to feel that way anymore when life prevents me from riding for a while."

The Parelli program has given me the tools to "put back" the training in my horse within a very short time and I no longer feel like I ever have to ride an unsafe horse again. I know I can get my horse left-brained before I ride, and I don't have to rely on someone else to "fix" him.

I just wanted to say thank you for giving me the tools to vanquish the fear and dread that used to plague my relationship with my horse. I'm only beginning Level 2, but feel like a whole new world has been opened up.

—SHANNON BRUCE, MINNETRISTA, MINNESOTA

Tools. They can make or break a task. Certainly the tools I have become so accustomed to with the Seven Games are an integral and significant part of my success.

I am currently working on my Level 3. The halter and lead rope, the Carrot Stick and Savvy String, the 22-foot Lead, the 45-foot Lead, the natural hackamore, and all the

other equipment are all high quality and perfectly made in balance to help me accomplish my goals with my horses.

However, there are other tools that I have gotten through my study with Parelli, and they might be even more important than the tools mentioned.

About a month ago I purchased a 4-year-old American Paint Pony and have been playing the Seven Games and working through Level 1 and Level 2 tasks with her. She has been a quiet and willing pony, and a quick study. We have established a good relationship and communication through the Seven Games. We have been challenged with cows and mud puddles on the trail, but using the Squeeze Game with love, language and leadership, we have overcome those challenges.

But yesterday she must have gotten up on the "wrong side of the corral," as Pat often says, because when I asked her to get into the trailer she would have nothing of it. She slipped in the trailer about three weeks ago, but she has been in the trailer several times since then. I was supposed to go to a friend's house to play Parelli games and then trail ride. But the mare definitely had other ideas.

So for the next 2½ hours I used every "tool" that I have acquired as a result of my study with Parelli. With my Carrot Stick, 12-foot Lead and rope halter, we played the Squeeze Game and the Driving Game. I remained "passively persistent in the proper position" and practiced the ultimate in patience. I even said to myself many times as she steadfastly refused to get into the trailer, "How interesting!"

Had I not had these tools, I would never have been successful. By the end of the session, she had loaded six times in and out of the trailer. The next morning, when we were to go again, I started a little earlier, playing the Seven Games and waited until she was left-brained. Then, when I asked her to get into the trailer again, she did so much sooner this time (only 20 minutes). When coming home, I opened the trailer door and she got right in and off we went.

So you see, the tools are not just the physical things we use, but also the skills to use those tools to overcome difficulties or accomplish tasks that might otherwise be impossible. I will be forever grateful to Parelli for giving me these tools and teaching me how to use them.

—MARIE CHANCE,
RENO, NEVADA



The Science of Confidence

by Linda Parelli



The word 'confidence' has some wonderful synonyms: self assurance, certainty, belief, poise, self reliance. No wonder it's such a sought-after state! Certainly our horsemanship journey challenges it in many ways.

Where does fear end and confidence begin? How do you grow confidence? These are subjects I've become very interested in these past years, for both horses and people. Horses as prey animals are born to fear and run from perceived danger (real or imagined) whereas people, being predators, are not necessarily born that way. Some of us are more timid than brave but incredibly we too are capable of making dramatic personal changes when the right strategies are used.

Horses are a great model for what is possible when it comes to change. Just think what it's taken for them to adapt to the human environment, to accept a predator on their back, to live in cages, to get into horse trailers. They have an amazing ability to adapt but often it's at the expense of a high degree of stress. The prevalence of stable vices, riding and trailering issues are strong testament to this; some horses literally go insane for brief or extended periods of time simply because they have no choice. Same with people because either they really have no choice or they feel they have no choice.

THE POWER OF CHOICE

As my research continues I've noticed that when I apply the same principles to people that Pat does to horses, fear gives way to confidence surprisingly quickly. What Pat does is give horses choices. He allows them to retreat from the things they're afraid of and then invites them to re-approach, as often as necessary to build self-confidence. This is pretty unique to a brand of horsemanship we've named 'natural horsemanship' because it's more considerate of the horse's

nature and needs. This approach is not unique to our industry, but it's pretty rare outside of it. Even great horse riders may not know how to inspire self confidence in horses.

When you think of how horses have been trained over hundreds of years it is usually with some kind of force... they're not allowed to run away, they're not allowed to buck, they're not allowed to stop at a jump, they're not allowed to resist, they're forced to go into

trailers, to accept saddles, bits and riders. No wonder horses and people get frustrated, scared and hurt on a regular basis. It's a no-win situation.

Now let's look at riders. Unless you're naturally brave and athletic, there's not much help out there! "Get on... stay on no matter what... don't get off or you're a weenie! You've got to show the horse who's boss, don't let the horse know you're afraid..." How do you do THAT?!

Riding lessons traditionally are very technique-based and seldom deal with overcoming fear. At best it just means you get stuck at the point where you do feel okay and it's almost impossible to get past that. In that world there are essentially no developmental strategies for building confidence in horse lovers who are not naturally brave and athletic.

In applying the same thought process to students, I began to see how teachers were not giving students choices and how it stunted their growth in becoming more skilled with horses—and it all came down to approach and retreat! You can't help a horse or a student make significant and lasting progress unless they are confident.

TORTURE AT PHASE 1

I came up with this term last winter as I watched some students coaxing their horses into doing things for them. It looked so gentle and nice, but horses were being inched into things... inched into trailers, inched into maintaining gait or going through water or over a jump. Even though there was no Phase 4 spanking with Carrot Sticks, from the horse's point of view they were still being pushed into it. The ultimate test is to ask and then 'allow' by doing nothing and to notice that they won't then do it of their own accord! They would only do it if you kept coaxing.

So that became the lens by which I started examining everything I was doing as a teacher, and thanks to the guidance of my teaching mentor, Dr. Stephanie Burns, I made huge changes in my teaching approach which has been demonstrated in the new Level 2 program. You'll



see me teaching students in a one week Level 2 course (way too short!) and trusting them to do things without me intensely supervising them like a mother hen. The biggest breakthrough for me

was allowing groups that were ready to take trail rides by themselves! When Stephanie asked me why I was worried to let them go without me leading them, my reply was that I was worried they'd have trouble and someone would get hurt. She looked straight at me and asked "So what kind of a teacher are you if you're not empowering them to do that while they're here? What will they do when they leave?" It was like listening to Pat talk about horses, about giving them responsibilities and then trusting them because you've set them up for success. It's all in being able to teach self-confidence and self-reliance. If a horse or a student is only confident when with you, you've taught them to rely on you and not on themselves. HUGE!

CONFIDENCE COMES FROM RETREAT

It's an odd thing, but in life we gain this belief that we should just go for it. And then we apply that same principle to riding horses. How dangerous... just get on and go for it! We've learned to think that getting off is wrong, and is some kind of failure. And yet that's sometimes the only thing that will save our life.

Many of you have heard me talk about this at our seminar tour stops. Somehow we think that getting on and staying on will make the fear go away, or it will build confidence. But it doesn't. Fear builds by staying in the place where you feel it. Just like horses, you have to be able to get away and then re-approach the situation as often as it takes until you feel nothing. When you do this, the sensations of fear truly do magically subside. It's the exact same principle as the Friendly Game with horses: approach and retreat, with retreat being the most important part.

I've worked with some terrified riders who within a very short time (in one session, or even minutes) are not feeling any fear anymore. I believe it's because they have the power to self-manage. I start them with the command that they must not be on or near their horse if they have any sensations of fear (butterflies, tension, adrenaline of any sort, visions of terror and accidents flashing before their

eyes, terrifying self talk, etc.).

It's so important that when they detect the slightest feeling of fear that they feel good about doing that and then know exactly what to do as a result... retreat. You have to feel successful about identifying the feeling, which is the exact opposite of what is normal. Most people have learned to feel shameful about feeling fear. Now *that's* a double whammy.

While instructors have a lot to be responsible for in what they unintentionally create in students (me especially!), there's also another important consideration: it might not be me keeping them on their horse, it might be all their old beliefs or thought programs. Thinking things like: "Don't get off or the horse will think he's won; I don't want people to think I'm useless or stupid or a big chicken; maybe I'm just not cut out to be a rider, you have to be brave..." These are often the erroneous thoughts that keep people in terrifying situations, situations of real terror like getting or staying on horses that are out of control, or imagined terror like "I have no business being in horses." Oh now, that's really a tragedy. Imagine having un-true thoughts that make you quit your most passionate dream, the one thing that teaches you the most about life, that really makes you live it in a powerful way.

HORSES, GREAT TEACHERS FOR LEARNING CONFIDENCE

To first get confident handling the horse on the ground, knowing how to help the horse change quickly from right brain to left brain is the aim of Level 1 skills. Knowing how to convert lack of confidence to confidence in the horse is in the new Level 2. Doing this with horses becomes a great model for how to do it yourself.

The secret is RETREAT. You have to know that at any time you feel unpleasant fear-related sensations you can back away from them. As soon as you do, notice that the feelings subside! You feel better immediately. Safe. It's the same for your horse.



Following are some examples of the steps that might produce a fear sensation when you go to ride. Each one is a 'threshold' that must be noticed and respected and retreated from so it can be re-approached/repeated... as many times as necessary. The golden rule is to not go to the next threshold until you've mastered the one before and that you want to advance, it's your idea and nobody present or past is making you do it!

STEPS AND THRESHOLDS:

- Thinking about/planning to ride today... tomorrow... next week!
- Saddling
- Thinking about getting on
- Moving toward the horse
- Grasping the stirrup
- Lifting your foot toward the stirrup
- Putting it in the stirrup
- Standing in the stirrup
- Forking your leg over the horse
- Sitting in the saddle
- Walking forward one step
- Trotting
- Cantering...

Got the picture? There are so many tiny increments of the process leading up to and involving riding that can produce fear sensations. It doesn't matter if you've been hurt or scared before; anything imagined feels real so it needs to be treated as real. This is not about tricking yourself. And remember, the more you retreat the more it builds confidence. That's also how it works for horses.



ALLURE AND THE POND INCIDENT... A BIG LESSON FOR ME

Some of you were in that Level 2 class with me in Colorado a couple of years ago! I wanted to demonstrate the lesson of getting a horse to go into the pond and thought

selecting Allure would make for a great demonstration because he was afraid of water but could now cross streams (see "Successful Water Crossing" DVD) so I knew the pond would be the next obstacle to move on to. I remember thinking that it should just take about an hour and then my students would all be off and working on it with their horses. Four hours later....

Yep, four hours! I sent my students off for lunch as I doggedly stayed by the pond playing the Squeeze Game and half circles with Allure flying dramatically through the air and splattering me with mud. Some students couldn't even stay to watch and looking back now I don't blame them! They were watching failure. Even though it was 'successful' at the end, it was failure because I forgot about the most important part of that whole exercise, retreat and reverse psychology. I was so focused on getting him in the pond that I tortured him at Phase 1 and as soft as I thought I was being, he felt he had no choice. Sure I let him retreat from the edge, but I never retreated from the goal. I was going to be there for as long as it took. And, I never used reverse psychology.

These days I'm much more savvy. I go into situations with thoughts like, "I don't want you to get into the pond/trailer/do a lead change/whatever it is. I'm going to play games around it and focus on the relationship of trust and quality of my communication and understanding." And if the horse gets this idea that I'm trying to get him to go in, I'll pull him away from it. Quite a weird feeling really, but I've had that experience with little kids; the more you want them not to do it, the more they want to do it! That's reverse psychology at its finest but let me tell you, the hardest person to convince is yourself because gosh dang it... you want that horse to get in the pond! It's as though that's the whole measure of your success.

Since I've found the ability to truly not care if the horse does it or not, my results with horses (and students) have gone to a whole new level. I even pet horses when they don't do what I want and that blows people's minds! "Isn't that rewarding bad behavior?" they exclaim. It's actually not a question, it's a statement of their belief. They may as well have said, "But you're rewarding bad behavior." In the first seminar I ever went to with Pat he joked that he charged double for doubters! Now I get what he was alluding to. Sometimes the question is not the question, just a statement of an old belief pattern.

What if it wasn't bad behavior? What if it was a lack of confidence?

IF YOU KNEW IT WAS A LACK OF CONFIDENCE, WOULD 'GOING UP YOUR PHASES' BE THE RIGHT THING TO DO... OR WOULD YOU STOP AND PET YOUR HORSE AND LET HIM KNOW THAT HE'S OKAY?



These days, my definition of success is a confident and willing horse or student. A horse that tries because he feels like offering to do so. A student who tries because they are confident to do so, even when it means confronting feelings of failure.

WHAT DOES LACK OF CONFIDENCE LOOK LIKE?

Lack of confidence can show itself in many different ways:

- Tension, bracing
- Resistance
- Excitability (horses move their feet, people move their tongues!)
- Introversion (getting too quiet, putting your head in the sand, hiding from the teacher, reluctance to ask for help; and in horses it's putting the head down too low, inability to give two eyes, looking outside of the circle On Line or at Liberty)
- Lack of draw or strong draw with ears back
- Etc...

The point is, the moment you can identify the behavior and what it might mean, you can change it. How long does a horse or student need to be unconfident? Not one moment longer. Much of this new process is taught in the new Level 2 program and here at the Parelli Centers we'll be drilling in the process much deeper.

CONFIDENCE IS...

- Wanting to do something and not feeling any sensations of fear, anxiety or doubt
- Not worrying about what others think of you
- Not worrying about what you think of you!
- Being prepared for the unthinkable
- Being ready to do what it takes at any time
- Doing whatever it takes to preserve

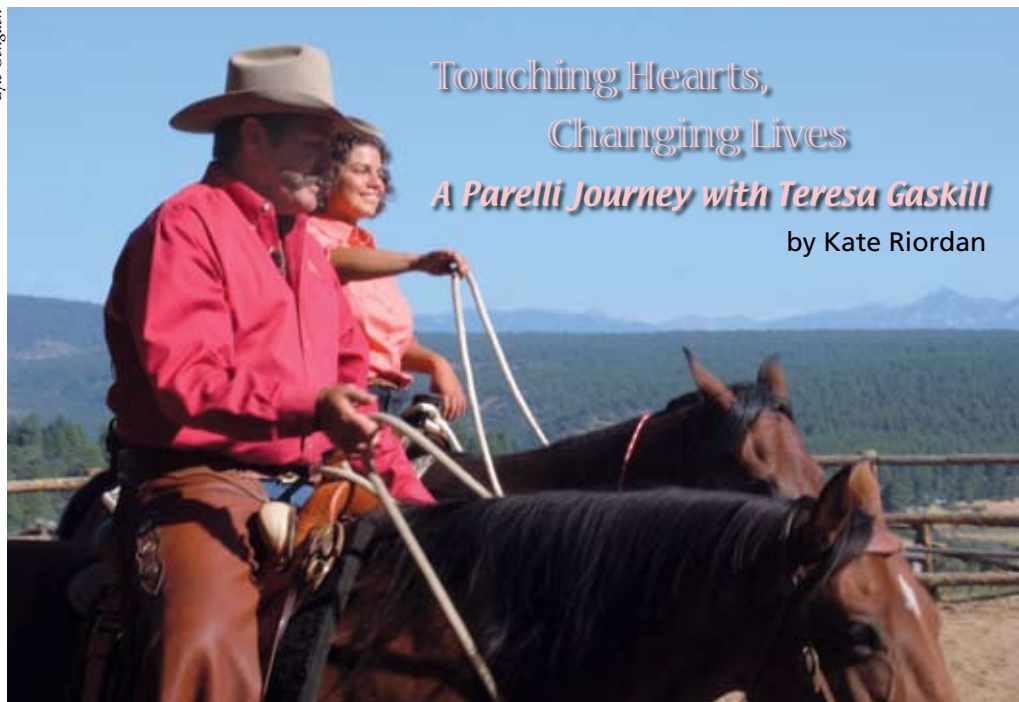
your confidence; there's nothing more important... not even life. Because when you're not confident you're living in fear and what kind of life is that when horses are your life, when horses are your dream? Confidence is so easily lost, so work to not lose it.

- Knowing what to do, even at the most primary level
- Savvy... of your horse's nature, of your own and what to do about it. (We call them Savvy 'Arrows;' the more you have in your quiver the less you'll find yourself challenged or frustrated.)

In closing, there is one vital thing to remember. You are the only one who can preserve your confidence so don't let anyone take it away. Don't let anyone force you/push you into anything that does not feel right. Use the principles of approach and retreat so it becomes your idea... it's just like the horses.

No wonder we love horses and this program so much—they help us learn such important lessons for our own lives. 🐾





Touching Hearts, Changing Lives *A Parelli Journey with Teresa Gaskill*

by Kate Riordan

The phone rang, which in my world means endless possibilities.

"This is Aurelia Grayson from CBS Television. I'm a producer for The Early Show."

Okay. I'm hooked. The possibility in this very moment is looking pretty great.

"We're giving a 19-year-old teenager named Teresa Gaskill the wish of a lifetime on our television show. She's crazy about horses and has overcome great adversity with her Cerebral Palsy. Her wish is to meet Pat Parelli."

Zowie! That was easy! Skipping ahead, as many of you readers already know, we shuttled Pat to New York and he made his CBS debut earlier this year when he sauntered onto the set of the show and surprised Teresa with Parelli educational material, tools, equipment, and a week-long Level 1 course in Pagosa Springs.

Teresa and her parents and I spent delightful time on the telephone during the next few months, arranging for a course for Teresa and her horse Jazz, figuring out the best route to drive from Michigan, making hotel reservations, etc. Teresa was great on the phone, and the only time she displayed any amount of timidity was when she finally admitted that she was afraid of getting lost at the ranch.

Geez, I thought. Most people are afraid of getting bucked off, making a fool of themselves, being embarrassed by their lack of skill—or any number of fears. And for those who have significant physical limitations, like Cerebral Palsy, it can be a challenge that most of us cannot begin to comprehend. Not Teresa. She just wanted to make sure she knew north from south and didn't lose track of where to go. Amazing!

Teresa, her parents Jack and Maggie, and Teresa's equine pal Jazz arrived at the Pat Parelli Center in August, and I

caught up with our star pupil at lunch one day. Here's what she had to say (get out the Parelli-logo Kleenex!).

TELL ME ABOUT JAZZ. WHAT WAS HE LIKE BEFORE PARELLI?

I've had Jazz for three years and he was an ex-barrel racer. Before that, he was raced in harness (Jazz is a Standardbred). He wasn't exactly very patient. He was scared of everything on the trails. I couldn't take him out without a stronger bit on him. He bolted one time in the winter when I was riding him, and he took off with me after something spooked him. The next thing I knew, I was trying to pull back on the reins but he was pulling and running forward at top speed. My English saddle slipped and it was almost under his belly. I had a choice—to try to stay on, or fall on the

cold hard ice or the road, or fall in the snow. I chose to land in the snow and I landed head-first. It wasn't very smart for me to ride him, especially when he was scared of everything.

HOW'D YOU FIRST HEAR ABOUT THE PARELLI PROGRAM?

The first time I ever heard about Pat was on RFD-TV, about a year ago. I noticed Pat doing things with no bridle and stuff like that. I thought it was really cool, and wanted to know what they had to offer. When I found out about the Parelli home-study program, I thought oh my gosh, I have to get this!

I first tried the program with another horse that was too strong for me at the time. Then my dad said, "Try Jazz; he'll be good for you." So I started playing with Jazz about six months ago and switched from English to Western. The transformation in Jazz was really amazing. He started being a little more patient right from the very beginning. He started going from right-brain to more left-brain. I thought wow, he's started to make a transformation from a wild, crazy horse to a sweet horse. I was astonished. Everyone said that I wouldn't be able to ride him, to put him in a bigger bit, to tie his head down. But now he's turning into a real partner.

It took me a long time to get my confidence back, but I played the Seven Games before I started riding Jazz. Now he's starting to really, really come along.

WHAT SURPRISED YOU THE MOST ABOUT BEING HERE?

Probably the fact that people are willing to share



Coco

information rather than hide it. It's a welcoming environment instead of intimidating.

Coming from traditional schooling, where you do your work and go home at the end of the day, the course here was not what I imagined. But here it's like you're not even at school. It's a really fun place to be.

DID YOU LEARN FROM YOUR FELLOW STUDENTS AS WELL AS YOUR INSTRUCTORS?

The instructors helped me a lot. Some of the students were really, really nice and I learned by example from them.

DID IT HELP TO KNOW THAT SOME OF THE OTHER STUDENTS HAVE ISSUES WITH THEIR HORSES LIKE YOU DID WITH JAZZ?

Yes! Very much so. So many horses have had the curiosity knocked out of them like Jazz had. Now I'm really proud because I know I'm at the same level as the other people here and I don't have to struggle to keep up. I struggled in regular school. It's cool to be here.

TELL ME ABOUT HAVING PAT PARELLI COME RIDING IN DURING YOUR CLASS.

When Pat came out I didn't know exactly what to expect. What really surprised me was that the camera people told me they wanted some shots of me riding Jazz. When I saw Pat come out riding on his mare Cash, it was like, "Oh my gosh, what's going on!"

I was on the ground with Jazz at the moment. Pat said he wanted me to do the Seven Games. Before he said that, though, he said, "Hey Teresa! Welcome to my television show!" I couldn't believe it! I wasn't expecting to even see Pat, more or less ride with him. Then he gave me little jobs to do using all the Seven Games.

Pat then asked how I mounted Jazz at home. He actually had a mounting block out there for me because I'm too short to get up on Jazz. I finally tried to get up on Jazz, but the step flipped over, so I ended up back on the ground on the first attempt. The second time, Jazz started moving around. So Pat grabbed him and said, "He's not going anywhere until you get up on him!" Pat had Cash block Jazz

so he wouldn't move around while I mounted. I finally got up on him and then Pat said, "Let's see you do 'follow the rail.'" Of course Jazz didn't want to and so Pat helped me by telling me to keep Zone 1 over on the rail and

other things. So I followed the rail.

Then Pat asked me if I had gotten Jazz to bend his neck yet. I told him 'no,' and that I never had and I was afraid I wouldn't get it right. When Pat had me first bend Jazz's neck, it didn't register with

me because I was just used to pulling back on the reins. When Pat helped me with the right way to get Jazz to bend his neck, it was phenomenal because I had never gotten this horse to bend his neck!

Then Pat had me do some other tasks like turns. Pat said I had done a good job and he pulled out a red string! I started crying when he did that because I wasn't expecting it. Pat gave me the string and then he had me ride with him for a little bit. He really was an inspiration. I didn't think I'd ever be good enough to ride with him, and I kept thinking I'm not good enough to be here with him. But my wish came true in that moment.

WHAT DID YOUR PARENTS THINK?

My dad was there when I got my red string. My mom, when she heard, didn't believe it. They're really proud of me.

WHAT ARE YOU GOING TO DO WHEN YOU TAKE JAZZ HOME? WHAT'S YOUR NEXT STEP?

I've got Advanced Level 1 to do now. By playing the Seven Games, it will keep Jazz left-brain and thinking. If he goes right-brain, I won't have control. He needs to be played with a lot.

WHAT'S YOUR BIGGEST DREAM?

I plan to go as far as I can with Parelli, because I want to be a Parelli Professional. I'm trying to keep my focus on Parelli.

Parelli has helped me so much. I like the program so much. I'm really proud of myself for doing this. 🐾



Teresa has had Cerebral Palsy since birth and has had some great challenges. The doctors never expected her to walk. Obviously she's been able to overcome that.

My daughter has gone through a great deal of physical therapy in her 19 years. The challenges were huge. She also got a lot of bumps and bruises along the way — all from being dumped off horses, but she's never given up. Teresa was even the poster child for United Way in Oklahoma and is proud of helping out.

Because of Pat and Linda, Teresa's life has become totally wonderful. She had such a great time at her course in Pagosa—I can't say enough good things about Parelli and all the people involved. Now all I have to do is mention Pat and Linda in a sentence and her face lights up and she begins to giggle. She is so excited about life right now! Her dad and I are so grateful to Pat and Linda for their generosity and to the Parelli Program for giving Teresa such focus and inspiration.

—Maggie Gaskill,
Teresa's mom

Lyle Congdon



my back. I turned and gave him the horsemen's handshake. Sandy stepped closer and rested his head on my chest with his eyes closed.

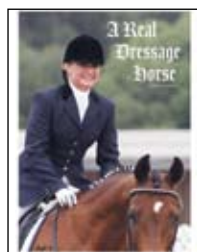
I checked him over and he seemed okay, just a few bumps and rubbed spots, so I took off his saddle. I never even went for the ripped lead rope he had around his neck. It wasn't long before my husband was back with the man who lost Sandy. They both looked shocked that I was standing there not even holding the horse! The man walked right up to him and Sandy flipped out and took off. He stopped in the clearing and turned and looked at me. I turned around and walked and Sandy followed. The man grabbed the lead rope and Sandy gave him a push. The man saddled him up (that is a story in itself) and they rode off back to meet the others. As they walked by I patted him good-bye, and in my mind I thanked Sandy for letting ME know I am ready to find a new partner!

I just wanted to share this story and thank Pat and Linda and everyone who supports Parelli. If the knowledge wasn't out there and I didn't know better, I hate to think what would have happened to Sandy and all the other bugged-out prey animal horses out there.

Again, thank you, Pat and Linda—you guys are making a world of difference!

—Amber Noel

COMMENTS ON DEANNA McHUGH'S "A REAL DRESSAGE HORSE"



ones I'm addressing with a friend of

What a delightful article! (See Savvy Times, April 2005.) Your thoughts, impressions and opinions are the exact same

mine. She's been a dressage student for as long as she's lived. The word "tricks" is peppered throughout her vocabulary when describing her experience with a single Parelli demonstration. She knows I coordinate Parelli clinics in Montana, and she's been polite about her feelings, but I can read between the lines. It's just ignorance, I know, that's all, just a lack of knowledge about this system. I'm showing her this article! I've also given her the video, "The Future of Training." She was interested and impressed and wants to watch it again.

It's also important to me because she's in her late 50s and getting pushed around by this young horse who thinks he's the top dog, because he is the top dog. I don't want her injured before she has a chance to try this system.

Many, many students who sign up for clinics are at the last stages of frustration and serious injury. It doesn't have to be this way. We who have been with this for a while eventually succumb to the quiet confidence and winning way that this system presents as a way of "showing" others what's possible with this knowledge.

Don't let the ignorant put you off or embarrass you in any way. They are the ones who will be embarrassed when it all comes out in the wash!

—Margot Doohan,
Bozeman, Montana

JUNE DVD A BIG HELP!

I just wanted to let you know how much June's DVD has helped me with my horse! I have a Paint and she could have been Scout except she has not



kicked up her hind feet yet the way Scout did. I have had her for three months and she is five years old. She has had no training, but is very calm and willing.

We had gotten to the Circling Game and try as I might, I could not get her to understand what I was asking her to do—she looked at me as if to say, "I don't have a clue what you want." Then came the DVD on Saturday. Sunday morning I went out to the round pen and we played. When it came to the Circling Game, at first it was one step, then two. I was able to get one full circle going to the right. Going left has not connected yet. But it is a BIG start! I also thought it was GREAT seeing Pat playing the Games from horseback.

—Loriene Roberts

DISTANCE RIDER IN AN ARENA?

As a distance rider whose passion is to ride down the trail for many, many miles at a time, I shocked a lot of people last year (including my husband and even myself) when, after hearing Pat say that if you can't do 40 laps in an arena without your horse changing direction or changing gait (plus the fact that my horse had recently bolted several times in what could have easily been fatal runs for me), I made the announcement that I would not be riding my horse for

awhile, AND I would not ride him outside of an arena until we were well into Level 2.

It's now almost a year later, and I have stayed true to my commitment. But, the reason that I am typing this is to share that if anyone had told me, a DISTANCE rider, that to stay safe I needed to ride in a, gasp, ARENA, until this horse was safe, I would have said, "No frickin' way." It took my own fearful experiences plus Pat's timely words to slap me upside the head and make me realize that I was playing Russian Roulette.

I am enthusiastic about Parelli partly because I believe it may have literally saved my life, but I've learned to be conservative in what I tell people about what it can do for THEM. So many of them need to come to that conclusion on their own. But it sure doesn't hurt to plant the seeds any time we can; the hard part in dealing with another horse person whom we believe could benefit from Parelli is knowing when to suggest and encourage, and when to keep quiet.

—Kristi Schaaf, *Lovin' Level 2*

A FAN OF SAVVY TIMES!

I just wanted to tell all of you at the Savvy Times what a GREAT job I think you all do. This magazine has always been just full of valuable information. Where to start... I really liked the articles on David Lichman and Helen Topp. The article by Linda on "The Power of Transitions" was very timely for me and helped me realize I hadn't been doing everything wrong and gave some pointers on things I could do. The tribute to Ray Hunt and the comments by those who attended was really neat and I enjoyed it. I love the Smart Seven articles (and segments on the DVD's). I love to watch Pat with the little foal and really appreciate him

taking the time to film and share his knowledge with us.

I just really loved the whole magazine. Not to generalize, but I have really loved them all. You provide us with so much valuable information that we aren't getting anywhere else. Showing how the "Foundation Station" was laid out was great too. So many ideas! When I turned to page 35, the first thing I saw was Linda's face. That picture made me cry. I want to feel what I see in her face. Thank you again for another GREAT Savvy Times.

—Annette Ingram

MORE ABOUT BEHIND THE BUSHES



I just got through reading "Behind the Bushes" in the July issue of Savvy Times and I wanted to share what has happened with me.

First I have to say that I am amazed at what I continue to learn daily. I cling onto Pat and Linda's every word, read all the material four to five times, and I could tell you how to do anything in Levels 1 and 2, why you are doing it, how it works, etc. As much as I know in theory, it doesn't sink in and really make sense until you experience it with a horse. It takes you to a whole new understanding of Pat's words.

My horse teaches me things that I "knew" from Level 1 (we are half-way through Level 2) but now I "know." Confusing to hear me say it, but work with your horses enough and they will cause you to know exactly what I'm saying. Time with your horse will bring Pat's words alive for you and deepen

your understanding. It will no longer be superficial knowledge.

Anyway, back to that article. I used to be kind of embarrassed when I brought out my bright orange Carrot Stick and wiggled my rope. After Level 1, I started taking my horse out. People commented on her good behavior, especially the people who had seen her before (she's a little high strung).

A fellow in town bought a yearling stud colt who went to two trainers, one of whom he sent to the emergency room. This guy asked me to look at the colt and see what I thought. We went out there and the colt went to the far side of the corral, head up and snorting. I had only used Parelli with my own horse so I had to try it out on this rebel.

I played with him for a short time, and then I was hired to play with him every evening for an hour. I pretty much took him through Level 1 on the ground and some of Level 2. When we decided to trailer load him, he was in within two minutes. We loaded and unloaded him about 15 times.

People are now paying me just for ground manners. I can't believe how many calls I get just to halter break horses. Parelli speaks for itself. When someone asks me about my training methods, I tell them about Parelli.

I'm putting a lot of horses through Level 1 on the ground. The more I do it, the more I get and learn something from each one. They learn to trust and respect. I also feel like I am helping them avoid mistreatment in the future. The better I do my job, the less chance they will give a lot of resistance. I am totally confident in my Parelli ways!

—Shawna Johnson

Editor's Note: Parelli recommends that you be at least Level 3 before playing with stallions or stud colts.

Changing Courses, Changing Results

When you dream about coming to the Parelli Center, in Colorado or in Florida, what are you dreaming about?

So many people focus on the problems they want to solve.

But what we focus on is how much we can empower you while you are here... to solve problems is one thing, but to achieve results beyond your expectations is really our goal.

As teachers, Pat and I are constantly judging the results of our programs by watching you! When we see problems it makes us seek better ways to teach, that's why the Level 1 and Level 2 packs have been redesigned... we saw the gaps and have learned so much more over the years that we had to update it all.

The same goes for the courses here at our Centers. For the most part, they've followed the sequence of the Levels but now we know they have to do more than that. They have to allow you to drill into all the things we are limited in our ability to do via the packs.

If you've taken a course with Pat or me, you know that we don't strictly follow what's in the packs... we get into deeper needs and because we have a license to 'experiment' we've been able to do what our other instructors could not... adjust according to student needs!

Then we sat down and asked ourselves, what it is that we keep wanting to do in these courses... and that led to a whole new look at the courses we offer.

First of all, they don't need to mirror the packs. You have the packs already! They are your 'pathway of study' to follow over the months and years.

Secondly, they need to accelerate you from where you personally are. Many of you have shared the frustration of feeling held back by less advanced students, so the new class design has to offer the important knowledge while allowing students to progress at their rate and their level. We can now group students within a course from Level 1 to Level 4! It's allowing us to get very creative and flexible.

Thirdly, the courses need to focus on the areas that require the most intricate teaching and observation:

- One area is learning how to read the horse at a much deeper and more detailed level. Understanding horse behavior and psychology is one of the most important areas because EVERYTHING stems from this. If you don't know what's going on it's impossible to do the right thing, on the ground or on the horse's back. You need to know how to teach a horse, how to inspire confidence in an animal that is born distrusting! Pat's brilliance in reading horses and using psychology is something we now know how to convey better than ever before.
- The other area is in significantly advancing your riding skills. This takes in everything from equipment to how to sit and move with a horse, how to do in your body and what it is you want your horse to do in his. Most riders are totally ineffective from the neck down! With the revolutionary Fluidity concepts, horses and riders can make astonishing transformations within just minutes, not to mention two weeks.

These are the best and most thorough curriculums we have ever designed.



Step-by-Step Program

Savvy Club

*Pat Parelli Centers
Colorado & Florida*

International Distributors

Educational DVD's

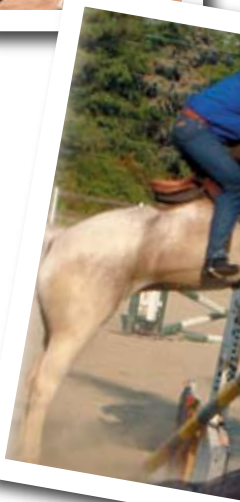
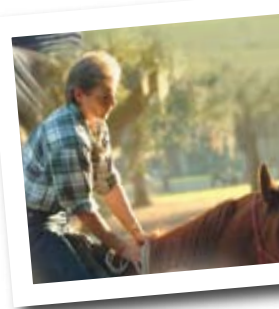
Books

Audio CD's

Natural Equipment

Parelli Professionals Network

Seminars and Conferences





So why the change to two week vs one week courses? Because when you've invested this much time, effort and money to advance yourself, one week is just not enough. Sure, you have a great time, you learn things... we've done it this way for you for 10 years! But it's not good enough when compared to what we now know. Pat and I stopped teaching one week courses years ago because as teachers we became very frustrated by the time limitation... at the end of the first week is when we feel we can really take you somewhere huge. In fact, many students have extended their stay and booked another week for just that reason!

Our curriculums and tests have proven that this new approach can help you achieve dramatic results while you're at the Center and then make quantum leaps when you go home... a true acceleration. Pat told me that years ago when he said "I've taught you what you need to know for the next years, not just today." That's empowerment.

We know that taking two weeks is harder for some of

you, but the Parelli Centers are not for everyone. They can't be, it's too intense! You have to be obsessed! The Home Study Programs, the Savvy Club and the TV shows are simpler ways for you to keep learning from us, but coming here represents a phenomenal part of your personal journey, that's why we've thought long and hard about how we can more profoundly impact your depth of savvy.

This isn't summer camp. This is for the horse lover who can fully immerse themselves in their horsemanship and self development... because it affects so deeply their sense of self, their relationships, their work, their future and their family.

We all know this is about way more than just horsemanship. It's about personal empowerment. Why else would you do so much to be able to come here?

We look forward to sharing our savvy with you in a deeper, more meaningful, loving and scientific way than was ever before possible.

Pat Parelli Linda Parelli

P.S. Be quick! Florida Winter/Spring courses are filling fast!



A Horsemanship Experience BIGGER Than Anything You've Ever Dreamed...

Pat Parelli Centers COLORADO & FLORIDA

Psychology

Liberty

Communication

Confidence

Impulsion

Harmony

Additional information on courses can be found at parelli.com or by calling 1-800-642-3335.

Remember: Savvy Club members receive 35% off!

Exciting NEW curriculum for 2006!

2005 FLORIDA FULL

2006 FLORIDA

Course 1: Liberty & Horse Behavior

Jan 29–Feb 10, Mar 19–31,
Oct 29–Nov 10

Course 2: Fluidity I—Freestyle Feb 12–24,

Apr 2–14, Nov 12–24

Course 3: Fluidity II—Finesse Feb 26–Mar 10,

Apr 16–28, Nov 26–Dec 8

2006 COLORADO

Course 1: Liberty & Horse Behavior

May 14–26, Jul 2–14, Aug 20–Sep 1

Course 2: Fluidity I—Freestyle May 28–Jun 9,

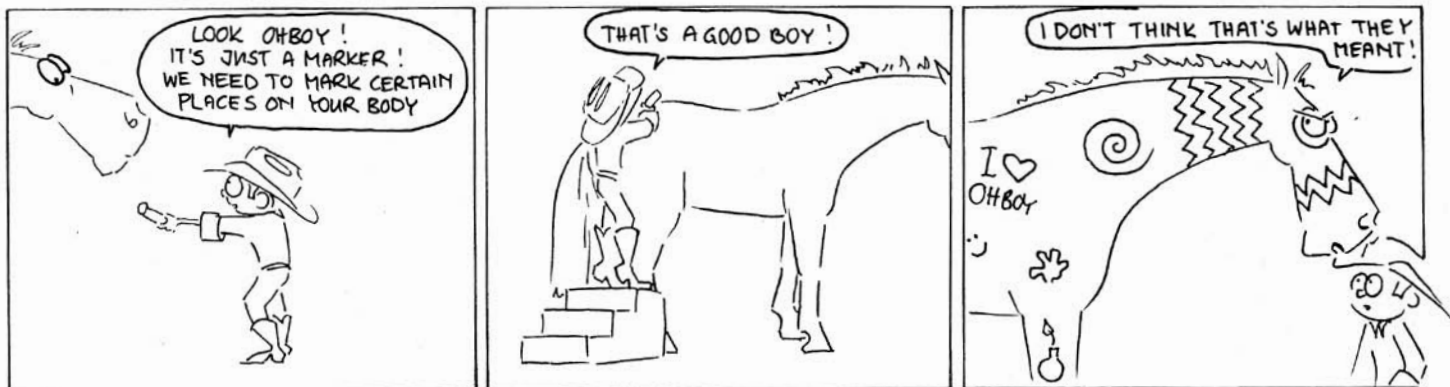
Jul 16–28, Sep 3–15

Course 3: Fluidity II—Finesse Jun 11–23,

Jul 30–Aug 11, Sep 17–29

Flexion

Collection



A forum member's post after watching their May 2005 DVD where Linda demonstrates saddle positioning and marking your horse's scapula:

The neighbors great-grand kids saw me marking on my horses and guess WHAT? Yup... they got the markers and went after one of his white horses and a couple of the others. These are big time fancy show horses. Thank heavens crayola markers are non-toxic.

I heard him scolding the kids and when I heard him holler, "WHY did you draw all over...?" I thought, 'oh Lord, please tell me those children didn't see what I was doing and...' By then I was already close enough to see the 'pretty pictures.' I heard him tell the kids, "No you did NOT see an adult drawing on a horse."

(Sigh) I came out with my head hung and called him aside and tried to explain that yes the kids did see me making marks on my horses. Uh... well, it's like this... I got this dvd (gulp) and what I was doing really did have purpose. To a little kid I could see how they thought I was drawing on the horses. The kids were looking at him with those big, "I told you so" eyes. Great-Grandpa was fit to be tied. I said, well how 'bout I help clean the horses up. He mumbled something about insane people and what's the matter with me that I can't just ride horses like normal people?!

My neighbor did stop me this morning to tell me he was sorry he over reacted.

"Now tell me again, why in the h\$&% were you drawing on the horses?"

Great-Grandpa who is a total anti-Parelli person wants me to come to the barn tonight and show him on his horses... so long as I don't bring crayola markers!

Last night I went back with my chalk and explained to the kids what I was doing and why. We used one of Grandpa's saddle horses that has chronic back problems. Poor horse

tries to bite when a rider mounts him and just can't stand still with a rider on his back. His scapula is WAY back so we adjusted the saddle and the man mounted his horse. Guess what? The gelding started to nip at his leg and then stopped.

I believe a crack is forming in that defensive wall. I also believe that Grandpa's, "I still think that Parelli is nonsense" was a token protest. I heard him telling his wife to come watch while he rode this gelding who was standing quietly.

This just keeps getting better and better. By the time I got home the next night Grandpa had several suspicious marks from the chalk I left for him to use. His wife told me it'd take him a week to recuperate from all the riding he'd done. Apparently the changes made in his gelding were enough for him to go, "Hmm I wonder if (fill in the horse's name) would benefit" so he'd go try that horse out, then that led to trying it on another horse.

He called me about 9PM to tell me he was so stoved up he couldn't hardly go... was headed for a hot tub of epsom salts... but he really saw a difference in several of his horses. He also had his wife get some chalk when she was at the store so he could start marking his horses before he saddled them so they could get into 'good habits'.

At the end of the phone conversation he said, "You ain't gonna go and say something like, 'I told you so' are ya?" I just

laughed and said NO way. But he was more than welcome to come watch me play with the horses (I didn't use the P word for fear the Parelli word my close his mind again). I said "You know you might still not like it but you might find other things useful."

Guess what? He said next time he saw me out with the horses when he didn't have the grandbabies with him, he'd just come observe.

I've been beaming like a maniac! 🐾

Q&A with Linda Parelli

I have a four-year-old Quarter Horse mare. The woman I bought her from said she was trained as a reining horse. My problem is that she drops her head way down to the ground as soon as she moves into a trot. Holding the reins shorter is not a solution—she stops herself. I guess my problem is that she and I (more me than her, no doubt) are not communicating properly, I think, but I am unsure how to correct this. Her walk and gallop are great. Trotting drops the head every time!

It's better that your horse puts her head up rather than down! Many reining horses are trained now to have a lowered head, but this will work fine for all your casual rein stuff. To bring the horse's head up naturally, think about having obstacles around the arena that will teach her to look where she's going, which she can't do when her head is down. This head-down position is typical of arena-trained horses and you never see it in horses ridden outside. If you have the opportunity, do as much riding outside of arenas as you can.

A man with grey hair and sunglasses, wearing a purple long-sleeved shirt and blue jeans, is riding a brown horse with a white blaze on its face. He is holding a long, thin stick or whip in his right hand and a coiled rope in his left. The horse is standing in a field of tall, dry grass. The background is a blurred field of similar grass under a bright sky.

From 5-Star Instructor to Dean

Neil Pye Continues
to Travel the Parelli Path

by Cynthia McFarland

Like many children, Neil Pye was smitten by the daring and heroic antics of silver screen cowboys. Fascinated by the western shows on television, he dreamed of one day saddling up and riding off on his own horse, ready for any adventure. But growing up in suburban Australia, for years this was as close to a real horse as Neil would ever be.

It wasn't until he was a businessman in his thirties that Neil found himself with the time and money to actually buy a horse of his own. "I thought I'd ride off into the sunset and everything would be cool, but it didn't turn out that way," he recalls.

At the time the native Australian was a successful businessman who owned two Kentucky Fried Chicken franchises in his home country and thought of horses as merely an entertaining hobby. Unfortunately, as happens far too frequently when a novice buys their first horse, things didn't evolve the way Neil anticipated. The horse that was supposed to carry him off on grand adventures wasn't exactly the trustworthy mount the seller implied. "I tried to assert myself and got bucked off," Neil remembers. "I just didn't know how to approach the horse. My dream was turning into a nightmare."

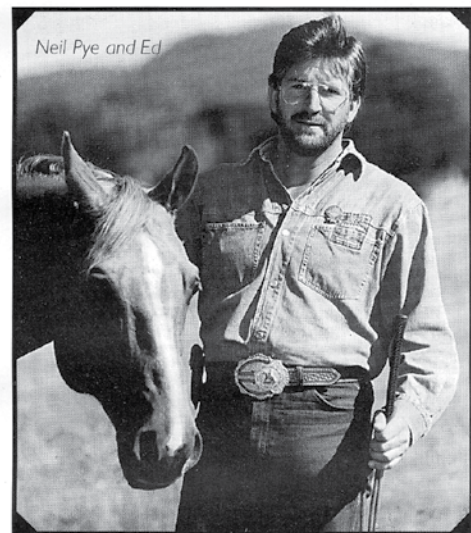
To add to his frustration, Neil found that when he asked other horse owners and trainers for advice, he received different, often conflicting, answers. Finally, a neighbor who knew he was having difficulty with his horse suggested Neil attend a Pat Parelli clinic that was coming to Sydney. Neil figured he had nothing to lose and decided to go.

"I went and watched Pat for two days, and in those two days, I suddenly realized the issue was me and not my horse. This was pretty humbling," Neil says. "In the first ten minutes Pat said some things I was embarrassed I hadn't figured out myself. So many people just want to own a horse for the romance of it, but they don't really understand horses. He pointed out the 'prey-predator barrier' and said that if you don't recognize this, you can own a horse for 20 years and still have trouble."

After this two-day exposure to the Parelli program in the early 1990s, Neil became a fan, and soon an avid student. He quickly moved through Levels 1 and 2, and graduated Level 3 in 1995. He accepted Pat's invitation to get involved in the instructor program and officially became a course instructor in 1996. After touring all over Australia and New Zealand, Neil went on to teach Parelli Natural Horse•Man•Ship around the world and at the Pat Parelli Centers for the next seven years.

Today, Neil is Dean of Instructors and Dean of the Pat Parelli Centers, located in Colorado and Florida, a position he's held since 2002. "I'm one of those lucky ones who loves what I do every day," he happily admits.

We caught up with Neil between tour stops to learn more



Neil in the March 1997 issue of the first Parelli magazine "Savvy"



Receiving his black, Level 4, string at the 2001 Savvy Forum from Pat Parelli

about his story and what the future looks like for the Parelli Professionals he is dedicated to helping around the world.

WHAT MADE YOU A BELIEVER IN THE PARELLI PROGRAM?

"Probably the most impactful thing was that two-day course in Sydney in the early 1990s. The information was

received in Australia, and Linda, of course, is Australian. Pat was on a lifestyle television show there for many years and soon became really well-known. He's created a whole industry there. It's not only his horsemanship, but his communication style. Natural horsemanship is now a worldwide phenomenon. Although Pat didn't start it, he lit the spark that caused the world to see it."

IS THERE ANY DIFFERENCE BETWEEN HORSES AND HORSEMANSHIP IN AUSTRALIA AND THE UNITED STATES?

"Horses are horses and people are people everywhere. The Australian stockman and the American cowboy are very similar. Really, the horse world in Australia compared to the U.S. is very similar."

YOU'RE A PARELLI 5-STAR PREMIER INSTRUCTOR.

ARE YOU HOLDING CLINICS AND COURSES NOW?

"Not right now. Ten years ago I became an instructor and started traveling around the world, and for seven years I did this full time. For the last three years, I have been helping develop the Parelli University program and producing the tours. Right now I also do a segment in the tour. My role now is not teaching, but more looking out for the faculty at the university and the instructors."

WHAT ARE YOU DOING TO PROGRESS WITH YOUR OWN HORSEMANSHIP?

"Starting in 2005, I've been able to ride more again. You go through different phases, and I just wanted to help Pat and Linda with all the talents that were available to me. Now I'm using my business experience to help them, while for seven years I was doing more instruction and teaching."

WHAT KIND OF RIDING DO YOU PREFER PERSONALLY?

"I'm pretty 'non-denominational.' I ride in a western saddle, but I don't see myself as a cowboy. I have an interest in western performance, but also in dressage, so I'm not one to stick myself in a box. My main interests lie with recreational riding and instruction."

"The thing I love about the Parelli program is that the people involved have so much in common. It's all about the love of the horse. All the horse cares about is whether or not we understand them. It's not about the uniform you wear. To get good with horses, you need to be 'fit' mentally, emotionally and physically. This is really a personal development program."



terrific and also Pat's style was different. He was entertaining and he had a serious message, but he didn't take himself too seriously. This struck me because I'd been involved in business and I realized he was clearly passionate about what he did. I had a huge admiration for what Pat was doing, traveling the world and talking something completely different. Not everyone wanted to hear that message. He was clearly a natural leader; I saw that in just two days.

"From that point, I became a fan, then a student and eventually, a friend. Starting in 1994, I began spending summers in the United States, traveling and learning with Pat."

"In the mid-1990s, Pat asked me when I was going to join full time and I finally realized my heart and passion was in the Parelli program, not my businesses, which I still had. I decided to go with something that really excited me."

YOU'RE STILL AN AUSTRALIAN CITIZEN.

DO YOU SEE THAT CHANGING?

"I'm in the process now of becoming a U.S. citizen. Probably the biggest challenge has been getting work visas since September 11 in 2001. There are things about Australia I miss. I'd have to say my favorite horse is a little gray Quarter Horse mare named Pepper (who is actually a half-sister to Magic). She's back home, so I don't get to see her that much now. I try to get back to visit once a year around Christmas."

"But really, there are so many similarities between cultures and people there and here. I feel as at home here in the U.S. as in Australia."

HOW POPULAR IS PARELLI IN AUSTRALIA?

"It's huge. There isn't anyone in the horse business in Australia that hasn't heard of Pat Parelli. He was so well





**TELL US ABOUT YOUR VISION FOR
PARELLI INSTRUCTORS WORLDWIDE.**

"It really began back in 2001 when I was charged with developing the Parelli Professional program. Pat and Linda are determined that if you're a Parelli Professional, you have people skills, not just horse skills. To really succeed as a Parelli Professional you've got to love horses, but you also better love people. Horses are very straightforward, but people can sometimes be a bit more complex. It's easy to put people out there as instructors, but they have to be the right sort of people. We have quite a responsibility.

"We have seen quite a few people who, in the middle of their lives, decide to follow their passion and become instructors. Worldwide, right now we have about 110 Parelli endorsed instructors."

WHERE DO YOU SEE PARELLI FIVE YEARS FROM NOW?

"I see our Pat Parelli Centers in Colorado and Florida really being the heart of the natural horsemanship industry. People already come from all over the world to study with us, and I believe that in the future this will just continue to grow more and more.

"I think our Parelli Professionals will be in the highest demand in the industry. Some of the traditional parts of the horse industry, such as members of the Thoroughbred community, are already contacting us and

wanting Parelli Specialists to help them with starting and handling young horses.

"In five years, I think Pat and Linda's message will be even more world wide. We're truly blessed with an exciting time right now with the way education and technology are progressing. Whether you're in Denmark or Dallas, Savvy Club members can see Pat and Linda regularly through DVDs. The Savvy Club is a huge thing to us. Everyone in the Savvy Club worldwide will be receiving the same message. We can film something here at the Pat Parelli Center in Colorado and within a matter of weeks, club members around the world can be watching that DVD. With the Internet and DVDs, the message is so much easier to deliver."

WHAT DO YOU THINK SETS PARELLI APART FROM THE REST?

"I think it's the unique combination of Pat and Linda. They're not like anyone else. They have a rare combination of talent and personality. Pat and Linda are not only good at what they do, but they can explain and teach it, and also inspire others. They really care about people as much as they care about horses.

"Pat obviously wears the uniform of a cowboy and Linda is more English, but they're really 'non-denominational.' Also, there's the heart connection—the love, language and leadership formula. We've learned that what's successful with the horses is what we try to live universally throughout our lives. What works with horses also works with people.

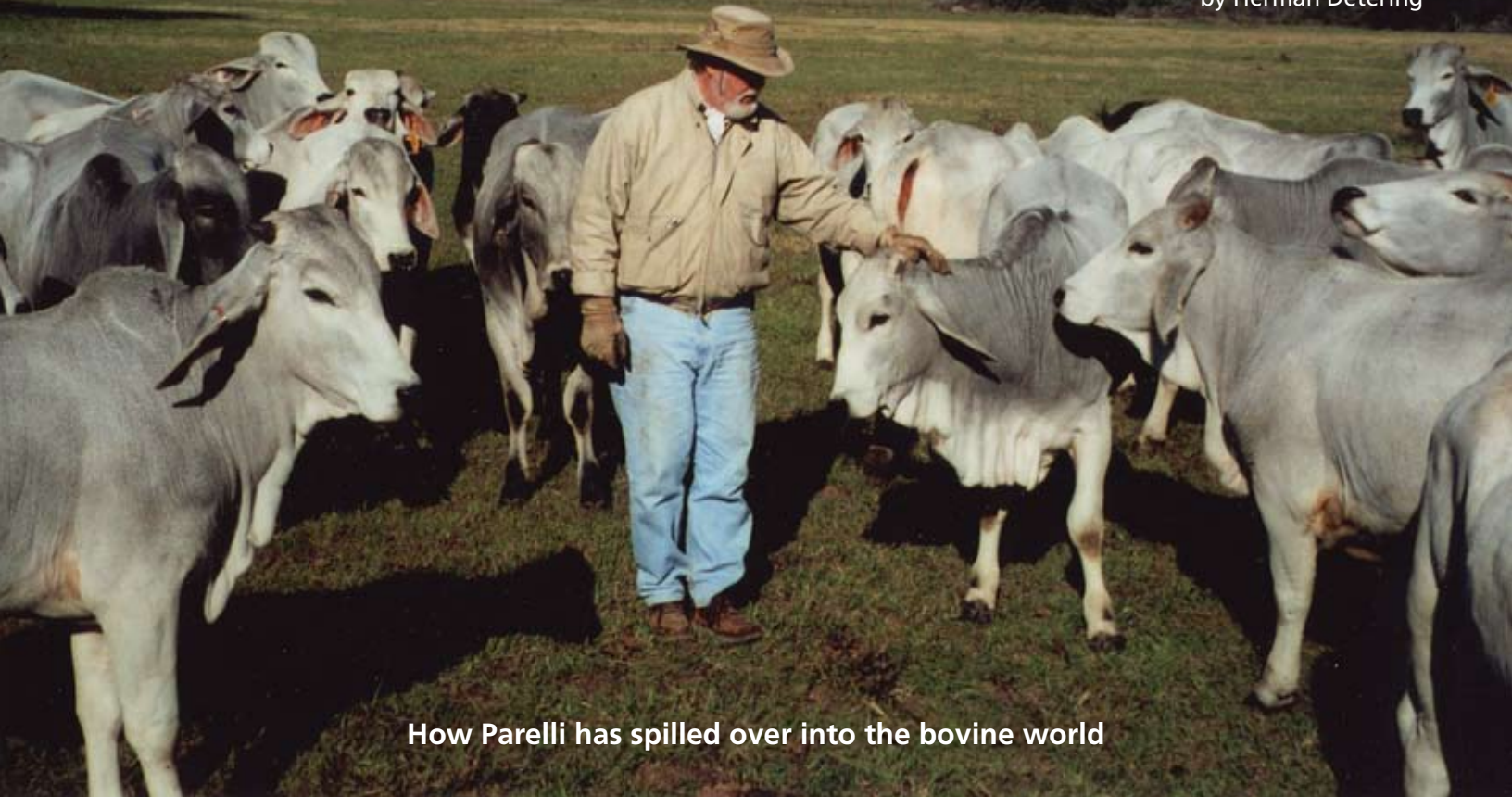
"I've had the privilege of traveling all over the world with Pat and Linda. The way their message touches people never fails to amaze me. Pat and Linda are as passionate about things today as they were the day I met them and it's not every day you see that." 🐾



Working Cattle the Natural Way

by Herman Detering

Mimi Crossley



How Parelli has spilled over into the bovine world

Today, the cattle industry is becoming increasingly aware of the serious need to change the forceful way in which cattle are routinely handled. Practical experience and research now confirm that forceful handling results in elevated levels of stress that adversely affect not only the immune system of cattle but also their ability to gain weight, to derive maximum benefits from medication, and their rate of reproduction.

The real issue, then, is how to do this. How is it possible, economically, to get low-stress results with cattle, given the realities of ranch life? How can you pen, wean, brand, dehorn, castrate and medicate in a low-stress way? That is the challenge for low-stress handling if it is to be widely accepted by the cattle industry.

The “natural” way to handle cattle has its roots in methods that were developed during 19th century trail drives. The best of the trail riders used

gentle pressure to block direction of travel and to focus the cattle’s attention on where they wanted them to go. There were no fences to guide them. The riders had to act like fences and set a framework of pressure. Release came instantly when the cattle chose the open path.

This approach stands in stark contrast to methods developed after fencing was introduced later in the century. Handlers then began to force and crowd cattle along fence lines in the desired direction. If they were driving the cattle to work pens, the stress level of the cattle would often be so high by the time they entered the work chute that they would injure themselves or the handlers or damage the facility. Needless to say, they would be even more difficult to handle the next time.

This is an example of handling-induced stress that can be avoided by learning to relate to cattle in a

way that mimics as closely as possible the way cattle relate to each other. In my work, this involves using “advance and retreat” to apply “pressure and release” as is routinely done in natural horsemanship.

I have been peripherally involved in ranching since the 1960s and seriously involved in low-stress handling for the last six years. My work with non-coercive methods of cattle handling started after several years of work in natural horsemanship. One day I looked out of the round pen and my Brahman cattle suddenly appeared to me as grey horses with extra large withers! Why, I wondered, wouldn’t cattle respond to the same techniques that I was using with horses? After all, cattle, like horses, are herd-oriented prey animals; why couldn’t I develop a low-stress, trusting relationship with them as I had with my horses? Well, I tried and found that I could!

The work I started in the late 1990s

with cattle grew from my frustrating experience with weanlings in the 1960s. My family owned a ranch located an hour west of Houston where I had a chance to learn about cattle and to develop my interest in gentling weanling calves. At that time, I would sit in the middle of a pen of calves with a feed bucket and simply wait for them to come to me. To be sure, they would soon get over their fear of me and come up for feed. But when I wanted to move them in a direction that they didn't want to go, when my idea was not their idea, I found that I was at a loss and finally had to give over to conventional handling methods of force to get the job done.

It was a sad day for me. The fact was, for lack of proper tools of understanding, for lack of "savvy," I had to give up on my dream of being really close with these animals throughout their life cycle. After this, for almost 30 years, I essentially lost all contact with horses and cattle. It was not until 1999 that I discovered the world of natural

horsemanship and began traveling to clinics and demonstrations around the country. This was the background out of which my questions about cattle emerged. I had experienced how one prey species, horses, responded when I stopped acting like a predator. Now I wanted to find out what cattle would do.

So one day, eagerly, with qualified hopes, I approached my first pen of weanlings. As I stood there facing ten frightened calves, I found myself flooded with questions. I knew that I didn't want to ride them, so what did I want? Toward what end was I working? It finally hit me: "It's movement, stupid." I realized that I wanted to be able to move them calmly away and draw them back in a subtle dance of communication. I needed this movement not just to pen them, but to influence them at the deepest levels of their minds. As Dr. Robert M. Miller has pointed out, if you are able to gain control over an animal's main means of defense, you gain influence over his mind. With cattle, as with horses,



Mimi Crossley

Here Herman has moved to the center of the alleyway to increase the pressure on the cattle. Note that the animals are looking straight ahead and walking calmly. Acceptance and the Squeeze Game!

their main means of defense is flight. So when you control their flight, to a certain extent you control their minds.

I knew that as a handler I needed to be able to move them in from the pasture, move them from pen to pen and through the work chute. I wanted to be able to do this with their cooperation, to reduce stress, save on labor, and cut down on injuries. This is where I fell back on what I had learned in natural horsemanship and my belief that, at a basic level, at the level sometimes called "foundation work," horses and cattle respond in a similar manner.

Here, then, is what I do on a daily basis. As with horses, my first task is to develop a sense of rapport on the basis of respect and trust. To do this, my first step is to get them to yield their feet to me, that is, to move away when I put pressure on them. After this I try to move them in a calm way and let them know that I am not there to hurt them.

From the beginning I work with up to ten calves from the center of a 60-foot round pen. This size pen is large enough to allow me to get out of their flight zone when necessary. The round shape helps me establish smooth movement and change their direction because there are no corners where

Herman Detering





they can bunch up. It also makes it easy for me to work them from their sides. This keeps me in a good position to change their direction and keeps me out of the blind spot behind them where pressure can cause them to turn around. Once I get them moving calmly, I open a gate and move them back and forth from pen to pen. This might be all I do in the first session.

In any event, I frequently leave and re-enter the pens, giving them time to “soak” on what they are experiencing. After all, in the wild, when prey are discovered by predators on the hunt, normally they either escape or get eaten. Here, neither of those things happens. Here they meet a predator that doesn’t act like one. By not coming at them like a predator, I make it possible for them not to act like prey, not to run away to escape me. This is the chance I need to gain their trust and cooperation.

The next day, or soon after they are more comfortable with me, I move them into a 15x40-foot alleyway,

where I work to get them to respond to increased pressure in a controlled way. Once in the alleyway, they usually run to the far end. I approach them, slowly along one side, and pressure them to pass by me on the other side. At first they usually panic and run by me. With repetition they learn that this is not necessary. Since I do not crowd or lunge at them, they soon feel comfortable and walk calmly by me. This work helps build respect for my authority and confidence that I am not going to hurt them. These exercises basically complete the driving part of my foundation work.

For the rest of my training, which involves teaching them to “draw,” I go back to the round pen. Here through advance and retreat I try to bring their flight zone down to zero and touch them. Normally I begin this procedure by driving them around the pen to reestablish my control over their movement. When they are moving smoothly, I step back and then over in front of their shoulders. This brings the group to a halt in a position where they are partially facing me. I then look for a calf that is strongly focused on me. It is here that I begin my low-energy advance and retreat.

Once I have selected a calf to draw, I work with my body language to keep the calf’s head squarely facing me. If she turns away, I try to draw her by stepping back from her. When she

finally fixes her eyes on me, I turn and walk away, letting her know that this is what I want. By doing this, I give her complete release from pressure in return for standing and accepting my pressure. After a few seconds, I move in closer. If she starts to pull away I back off before she actually takes a step. If she does leave, I push her on. I repeat this until I can stand directly in front of her with my hand a few inches from her nose. I wait there in hope that she will reach out and touch me. If she does, I wait while she sniffs and licks my hand, and then slowly turn and walk away.

At this point the calf usually just stands there, somewhat mystified by what happened, but curious as to what comes next.

Then I approach the calf and start stroking around her head and neck to encourage her to take a step toward me when I draw back. Typically at this point I get interrupted by one or two curious calves that want to find out what this is all about. When this happens, I quietly shift my attention to them and begin the same procedures.

The work usually goes much more quickly with the new calves since they have a model to emulate. Predictably, after several sessions, the calves that have approached me begin to jostle with each other to see which one can get closer to be rubbed and scratched.

These driving and drawing exercises are important to help cattle get beyond various thresholds of fear. While they are effective without any other regular contact, they work best when joined with informal daily contact. Just walk through the pens whenever you can and calmly pressure them to take a step back. Or, put feed out and then stand back to draw them; then move forward to let them know that you can control their eating but are not going to hurt them. Finally, step back to take pressure off and let them eat.

In order to develop a program that is useful to other ranchers, I have sought



Herman is able to get the cattle to calmly “yield” their feet.



As Herman initially approaches, the cow braces its front legs and puts its ears back.



Herman gets closer, and the cow responds with less brace and ears forward.



Contact! Note that the cow has its ears forward, is not bracing, and is reaching its nose toward Herman.



The three buffalo are certainly focused as they "size-up" this predator intruder.



This photo shows the initial yielding in response to Herman's movement. Note that one buffalo can take more pressure before yielding.



The buffalo's curiosity supercedes his fear, and he reaches out to investigate Herman.



Contact! Prey and predator touch.

verification of my results by working with calves from other ranches in facilities that are often less than ideal. My results have confirmed what I find with my calves. Depending on the quality of human contact that they have had before I start, usually within four to six sessions the majority of calves have come up to me at least to sniff my hand. After more work, most of the remaining calves will approach me while one or two may continue to hang back and not advance without more extensive individual work.

Once I have established this degree of control and trust, I begin preparations for situations they will have to deal with in the future. Because

first impressions are so important to cattle, I send them through the squeeze chute over and over until they can walk through calmly. I then stop and hold them there until they relax. As a result, when they are worked, they will be able to stand quietly and not have any pain they may experience made worse through unnecessary stress.

Cattle have a high pain threshold. They are much like professional athletes who can shake off pain and keep going. But stress is a different and far worse matter. It can do serious damage to their overall health and, in some instances, kill.

This is only a brief outline of what I do when I gentle calves, but it contains all of the essential elements necessary for non-coercive, low-stress handling. My reasons for developing this program lie with my concern for the quality of life of these wonderful animals, and in my fascination with communication and bonding that cuts across not only species lines but also the divide between prey and predator.

In further pursuit of this interest I have recently started working with

buffalo and find that I get similar results as with horses and cattle. With these three prey species, whether the individual animals are wild or bottle-fed, I find that they all respond favorably to pressure and release applied through advance and retreat.

In all my work I have been greatly helped by insights gained from Parelli Natural Horsemanship, along with the broad legacy of Tom Dorrance, and the experienced stockmanship of Bud Williams. I feel that I have just begun and value each opportunity I get to work with these animals. 🐾

Herman Detering teaches low-stress cattle handling at Texas A&M, at private farms and ranches, and at the Houston Zoo. Herman is currently writing a book on gentling prey animals.



Savvy Club Forum

The Forum is a great resource for Savvy Club members only. While it is not a place to find training information (that's what the Parelli Program, Virtual Instructor and Parelli Professionals are for), it is a place to meet fellow Savvy Club members, share stories and chat about everything Parelli. Includes a special Classifieds section. To log on and check out the Forum just log-in to parellisavvyclub.com. Click on the "Savvy Club Forum" link at the top of the page and then select "Register" from the top menu. This will take you through a few easy registration steps. Now you're set to explore existing posts or create your own! Also when you log into the Savvy Club website check out the member locator option.



TOUR STOP ADMISSION

We are asking that Savvy Club members reserve their seats at tour stops by requesting a ticket for themselves and anyone who is attending in their membership. The ticket must be used for the venue you requested it for. If you are unable to attend and want to attend a different stop than

the one you requested the ticket for, please request new tickets for that venue. You're helping us keep a head count to ensure everyone gets a seat. You can also still request an additional five tickets so you can bring friends for the same price... FREE!

What you have to do:

- 1) Log on to the Parelli Online Shop.

<https://shop.parellisecure.com/>

(If this is your first time, you will have to make a new account. Make sure that you use the same e-mail address as your Savvy Club e-mail otherwise it won't recognize you as a Savvy Club member.)

- 2) Click on the link that says "Tickets" and follow the same steps as if you were purchasing tickets. In the end your balance will be zero and your FREE tickets will be sent by mail.

If you run into any problems, please call the customer service department at 1-800-642-3335.



DON'T FORGET YOUR PASSPORT & MEMBERSHIP CARD

Requesting tickets will get you in free to all the Parelli 2005 Tour stops, but don't forget your Parelli Passport and membership card. Your passport can be stamped at the Savvy Club booth with a unique stamp at every Tour stop or major Parelli event. Document your journey! Your card will be swiped to add your special Savvy Club member discount to your purchases at the show!

BACK ISSUES AVAILABLE

Visit www.parellisavvyclub.com and click on 'Previous Products' or visit the Parelli web shop (and make sure you set up an account if this is your first visit and log-in with the same e-mail address you registered with the Savvy Club) for a listing of back issues available. Hurry! Items over a year old are only available while supplies last. Recent issues include:



Savvy Times Magazine, Issue 8, July 2005

The Power of Transitions by Linda Parelli; Q&A with Stephanie Burns, PhD; Achieving Unity One Step at a Time—Parelli 5-Star Premier Instructor David Lichman; Fearful or Stubborn? by Pat Parelli; Parelli Essentials—Help Keep Digestion Natural; A Tribute to Ray Hunt; Riding the River; Behind the Scenes: Pat and Linda's World; Letters; Our Readers Write About: KNOWLEDGE; Meet 3-Star Endorsed Instructor, Helen Topp; Parelli Professionals; Savvy Club Update; Junior Savvy; Meeting Smart Seven; Savvy Playground Obstacles: The Spools; Parelli News; A Level 2 Journey with Yvonne Wilcox and more!

September 2005 DVD, Issue 12

- **ATTITUDE/KNOWLEDGE** Smart Seven Part 10 with Pat Parelli, Scamp and Smart Seven

Smart Seven is a little over two months old now, and Pat shows us how he would introduce a foal to his first experience with a halter and lead. "This should be just a natural occurrence of things," says Pat. All the preparation we have seen from the day Smart Seven was born has been leading to this and everything else he will encounter as he grows.

- **INSPIRATION** "Live Coaching with Linda: Jacksonville, Florida" with Linda Parelli, June and Micheline
In this session, Linda coaches June and Micheline with their horses, Moon and Flag. Moon is a seven-year-old Arabian with Impulsion difficulties, and Linda helps June with the Fluidity concepts of loose legs, no brace in the stirrups, Balance Point, matching the horse's energy, and mirroring at the walk and trot. "Riding is about balance, it's not about grip or strength."

Micheline's seven-year-old Rocky Mountain Horse, Flag, needs help with right brain behavior, and Linda gives Micheline On Line tasks to help build Flag's self-confidence, especially around applause with the audience. In the riding lesson, Flag's 'right brain persistence' invites Linda to mount up and demonstrate how extreme right brain behavior requires extreme savvy! "Every time his brain leaves I'm going to do something to get it back." This is a highly inspirational session, and a great lesson in perseverance! Pat joins us at the end of the session with the burning question, "How good do YOU want to be with horses?"

- **IMAGINATION** "Smart Seven Part 11: 2004 Savvy Conference" with Pat Parelli, Scamp, Smart Seven, Barnum and Bailey
Smart Seven made his "debut" at three months of age during the 2004 Savvy Conference with his 'Mom,' and his 'pasture buddies,' Barnum and Bailey (miniatures). This is Seven's fourth haltering experience, and Pat plays with him on a 22-foot Line, jumping barrels, trailer loading, and crossing a tarp and bridge obstacle for the first time!
- **BEHIND THE SCENES** "Do You Speak Horse?" with Pat Parelli and the Little Girl Who Could Speak Horse...
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Driving Game Obstacle Course

In order to play the Driving Game successfully, it's important to first play the Friendly Game and then the Porcupine Game! Always play the Games in order, starting with #1, the Friendly Game!

When you play the Porcupine Game, the human horse learns to move away because you are pressing on him with your Carrot Stick or your fingers. If the horse does the right thing, he gets release from the pressure and then the human plays the Friendly Game with him, maybe something like a friendly rub.

Your "human-horse" learned how to move from feeling steady pressure (from a Carrot Stick or your hand) in the Porcupine Game simulations we showed you in the July 2005 issue of Savvy Times.

In the Driving Game, which is Game #3, you don't even touch the horse! But what's really neat is that you still get him to move! Cool!

Get your human horse to move by suggesting that he move—that may mean using your arms or your Carrot Stick to get him to understand the suggestion. Try using your Carrot Stick in the air or tapping it on the ground. Or try flicking your fingers at him without touching him (easy! don't scare him!).

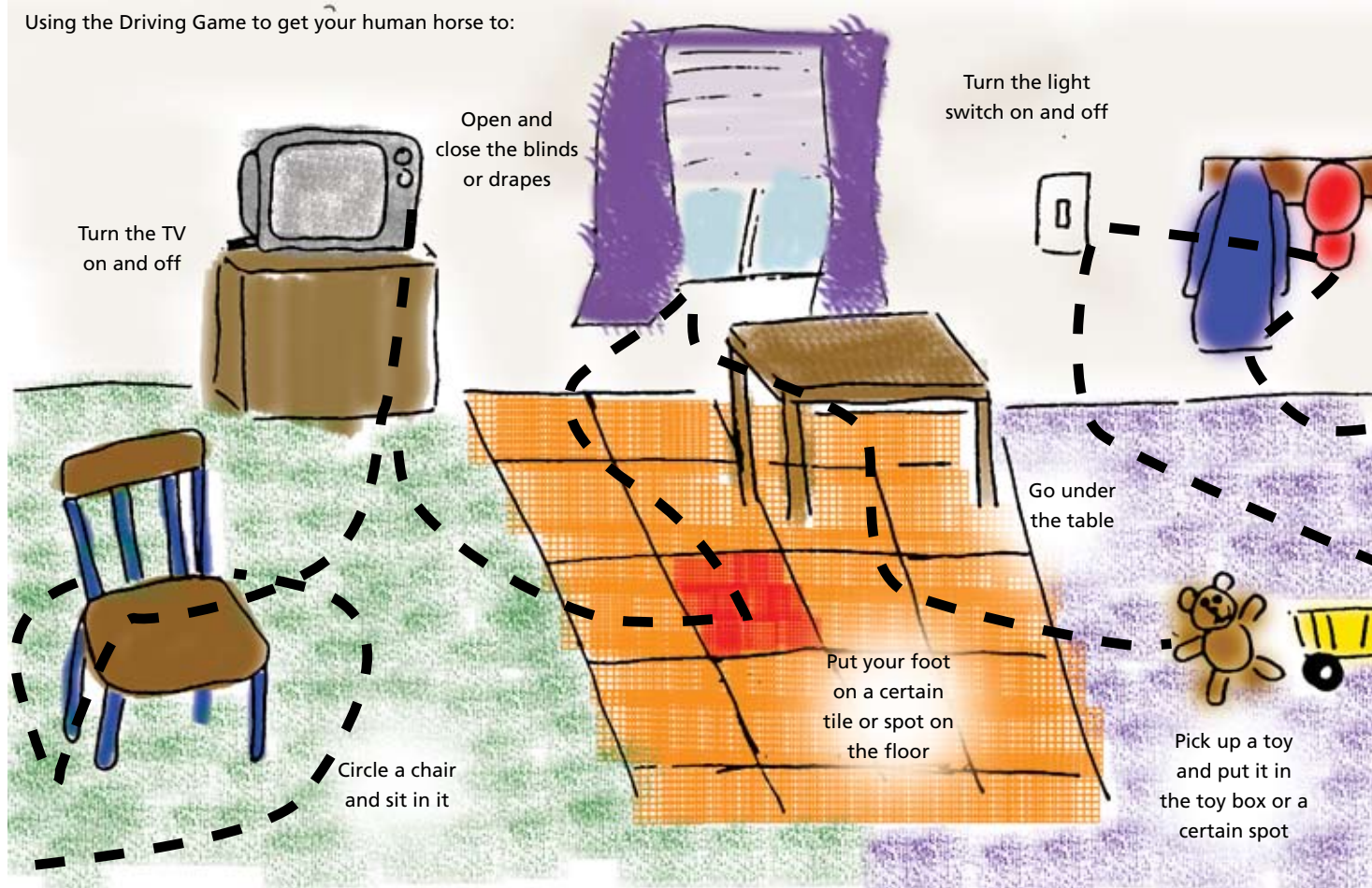
Another cool thing is to understand what other small things

make a difference in this Game. If you bend your body toward your "human-horse," what does he do? What does he do if you smile at him? If you squint your eyes and stare really hard at him, what is his response? You may be surprised to learn how your body language (posture) and your facial expressions make a difference in your human-horse's responses! Are you standing relaxed and playing the Friendly Game when your horse-human does what you ask? Your horse (real or pretend) always wants to do the right thing unless he's afraid, then he'll do the opposite!

If he's showing fear, you're acting like a predator (remember the prey and predators masks from the April 2005 issue?). You need to slow down, start again, or go to something else that is easier. See the Level 1 Pocketguide, Lesson 7 for appropriate Phases. As you become better, instead of tapping the air to get your horse to move, you may be able to just point or look at the horse and get him to move! Cool!

Set up an obstacle course around the house (ask your parents first!) like the one in the drawing here and drive your horse-human through the course. Don't forget to reward your horse with a friendly rub when he does the right thing!

Using the Driving Game to get your human horse to:

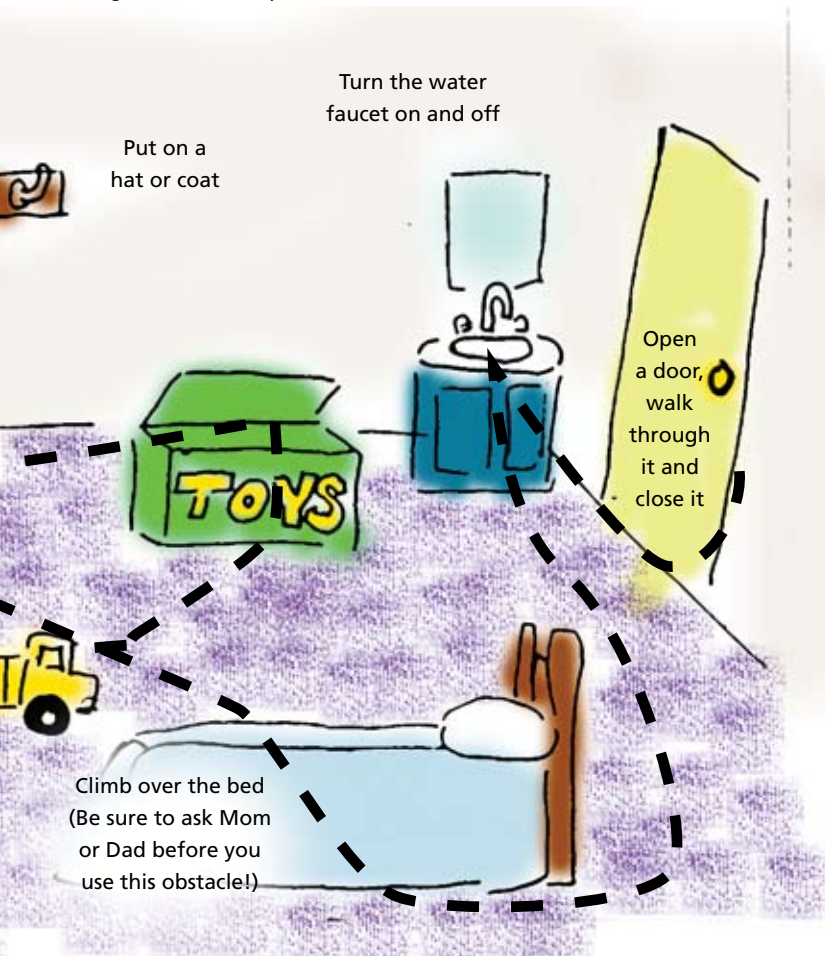


Ted Axton



Savvy Club member Ted Axton sent us this photo (the ultimate "Catching Game!") and wrote: "My daughter Angela, who is two tasks shy of completing Level 2, owns two regular size horses (Confetti and Buddy) and two miniatures (Sunflower and Winchester). Her miniature mare, Sunflower, gave birth to a creamola filly, Peanut, just two days before this picture was taken.

"One of the barn cats, More, came into the miniature's paddock. Two-day-old Peanut, wearing a West Highland Terrier's jacket that is too big for her, found the cat very interesting. The cat did not like all the attention and went running to Angela, and of course Peanut's mother, Sunflower, was sticking right with her baby."



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Shining at the Snaffle Bit Futurity

National Stock Horse Association • Fresno, California

I suspect that Pat Parelli wouldn't agree with the theme of Thomas Wolfe's book, "You Can't Go Home Again."

Because that's exactly what Pat Parelli did when he headlined the Friday night performance on August 26th at the Snaffle Bit Futurity in Fresno, California sponsored by the National Stock Horse Association.

Fresno is where Pat went to college, where he was a rodeo star, where he first met a number of his mentors, where he competed in reined cow horse events, where he staged mule shows, where he had a ranch close by, where he founded the American Mule Association. He even took us to a Fresno restaurant where they had named a pizza after him. So going home to Fresno had great meaning for Pat.

Walking down the aisles of the event was like a homecoming for Pat. Everyone knew who he was. You could feel Pat beaming even when you couldn't see his face. Fellows he competed with years ago thrust out their hands, women threw their arms around Pat, and fans would gingerly approach for a photo opportunity. Pat loved every minute of it. As he strolled down the hall, he'd say, "I rode that guy's horse in the snaffle bit competition," or "He had a stud I bred my mares to," or "Ooops, I think I still owe that guy for a load of hay from 20 years ago."

Without a doubt Pat wow'ed the audience, including the staid-and-true competitors and even the judges. Pat rode Magic with a bareback pad and a spade bit and bosalito, probably the only time in history any cowboy has combined that particular gear on a horse, and played with Casper at Liberty while riding Magic.

Parelli Games followed, starring Carol Coppinger, Amy Book, Trevor Carter, Kalley Krickeberg and Jerusha Rose Bergstrom (and a surprise guest appearance by Susan Pritchett and the minis Barnum and Bailey). The crowd had never seen anything like it before, and were enthralled!

Pat's few hours spent in the spotlight in Fresno proved that you can, indeed, go home again.





John Brazil

Johnny Brazil, Jr. was the 1997 National Reined Cow Horse Association (NRCHA) Hall of Fame Inductee. Now 83 years of age, Johnny continues to be an icon in this competition and a true California vaquero bridle horseman.

"I told Pat that his performance was very entertaining, very good.

He used to show in this event, and I remember him riding Thumper the mule. He did a great job tonight."



Ronnie Richards

Ronnie Richards was inducted into the NRCHA Hall of Fame in 1991, and was named the National Reined Cow Horse Association Stock Horseman of the Year in 1997.

"I tell you what, I looked at Pat's performance with that liberty horse (Casper), and I was pleasantly surprised! I knew Pat had a lot of talent, but I hadn't see him in a long time and I thought it was great! I went and got John Brazil and told him he had to see this,

that what Pat was doing was outstanding. The way he made that horse go down and around that barrel and all the other things he did—it was great."



John Ward

One of the founders of the new National Stock Horse Association, John comes from a legendary reined cow horse family and has gleaned a number of coveted wins, including second place in this year's NSHA open snaffle bit futurity.

"To see how Pat worked that stallion while riding that mare was really incredible. Probably the most incredible thing about it was what

people watching him got out of it. Pat's program allows people to enjoy their horses; it takes all the fear away from people who are just beginning and they really get to enjoy their horses. There are a lot of people I know who are real horseman who train for a living, and they're saying that what they saw Pat do tonight was the best free-horse act they've ever seen. He had that other horse (Casper) doing just what the one he was riding (Magic) was doing. That was really something!"



Ray Ordway

Pat introduces Ray by putting his arm around Ray, and saying proudly that Ray Ordway is truly one of the old California vaquero-style cowboys, an honor bestowed to few.

"I thought it was excellent! He did a wonderful job, and what he shows really helps the young

people. I saw him years ago in this competition, back in the days when he and my wife started the American Mule Association. He was living in Clovis back then, starting colts for a living. He did a good job tonight, and I give him a lot of credit."

LaVerne Ordway

LaVerne and Pat co-founded the American Mule Association in 1976; Pat was its first president and LaVerne its first secretary. Membership during that first year was 135 muleskinners! In April 1976, the first organized AMA Mule Show was organized by Pat and LaVerne in Clovis, California.

"It was a great performance and I really loved it—everybody did! I thought it was very good—but I expected something special from Pat. That's the first time I've seen him perform in a long time, and I knew it wasn't going to be a training seminar—and it sure wasn't! Everyone we talked to loved it! I thought it was beautiful."



Al Dunning

Al Dunning is a world champion reining, cutting and working cow horse trainer, author, and clinician. In 1996, Al was named American Quarter Horse Association Professional Horseman of the Year. He and his students have claimed 21 World titles.

"Pat's performance was wonderful! He's a very talented guy and he makes those horses do a lot of really cool stuff. People love him! It gets people enthused about horses."



Carolyn Read

Founder of California Horse Trader Magazine.

"Pat's performance made me sit in my seat and realize all the things I don't do with my horses! I'm so happy for Pat—he's come a long way." 🐾



PARELLI SAVVY CLUB PHOTO CONTEST



Thank you to everyone who participated. We received 382 photos from 167 members!

1ST PLACE:

Photographer: Mark Watts
Member: Diane Watts
Arlington, Texas

This is my buckskin mare that was abused before I purchased her. She and I are close to completing our Level 1.



2ND PLACE :

Photographer: Janelle Feldmilller
Member: Arianne Feldmiller
Queen Creek, Arizona

Every time I play with my horse, it's elating to see how the little things, like a smile or a frown affect the horse's emotion and actions. The same way that the slightest disturbance in a pool of water can cause a ripple effect.

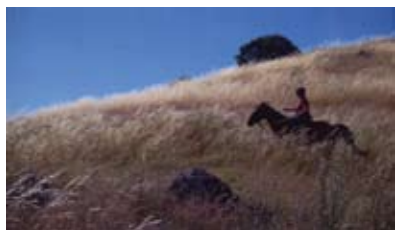


3RD PLACE:

Photographer & Member: Joe Roppolo
San Francisco, California

"It's a carrot stick after all!" My friend Kirsi has lots of imagination.

HONORABLE MENTIONS:



Photographer & Member:
Molly Moore, Cool, California
Kris VanRoo a Level 2 graduate
trail riding on Strider, her
3-year-old registered Quarter
Horse gelding at Cronan Ranch
in Pilot Hill, California



Photographer & Member:
Cheryl A. Almasy
Mount Morris, Pennsylvania
This is 33-year-old Danny. He is
pictured enjoying this beautiful
day after a roll in the snow.



Photographer & Member:
Curtis Robb
Newnan, Georgia
Communication is Mutual.
These two are good examples
of listening to each other.



Photographer & Member:
Laura Lyne
Micanopy, Florida
Dave Ellis shows how to use
the quick release when teaching
a horse to give to pressure and
lower its head.



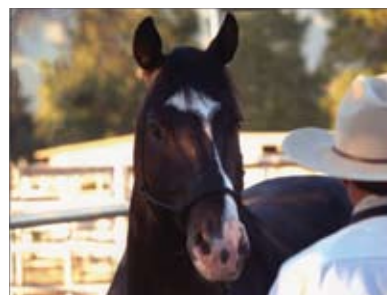
Photographer & Member:
Mark Dybdahl
Troy, Idaho
Natural Horsemanship at the end
of a play day



Photographer
& Member:
Holly Broyles
Atlanta,
Georgia
"Please give
me a taste
of that
Parelli Natural
Horsemanship!"



Photographer
& Member:
Celenia Penix
Greenwood,
California
Windy Sky
mouthing
the string



Photographer
& Member:
Kimerlee Curyl
Los Angeles,
California
Partnership



Photographer:
D. Fitz Moles
Member:
Betsy Moles
Columbus,
Mississippi
Neutral

PARELLI SAVVY CLUB PHOTO CONTEST



Photographer: Kim Doyle
Member: Lauren Doyle
North Logan, Utah
Lauren and Jesse
in a huge snow storm



Photographer: Dru Breynon
Member: Cynthia Morris
Pinellas Park, Florida
Splashing in the water at
Helen Howarth Park



Photographer & Member:
Steve Wegner
Libby, Montana
12-year-old Maria Thompson,
Level 3 student, playing the
Circling Game on the 22-foot Line.



Photographer & Member:
Virpi Portier
San Mateo, California
After Seven Games a little
relaxing roll on the beautiful
Half Moon beach.



Photographer: Jay Cassetta
Member: Marjorie Cassetta
Spotsylvania, Virginia
Preparing for Level 3,
Marjorie and Tee play the
Squeeze Game over a jump.



Photographer & Member:
Sandy Eis
Fort Bragg, California
This is Tiny. He is the cutest,
sweetest animal I have ever met.



Photographer
& Member:
Lisa Bradley
Wahiawa,
Hawaii
Cryshtal Avera,
Level 1 student,
was encour-
aging lateral
flexion before
haltering, and
saw a chance
to express her
love for her
horse, Jesse.



Photographer:
Karen Hammett
Member:
Sarah Ross
Kingston,
Tennessee
Keeping my
feet dry



Photographer
& Member:
Danielle
Aromando-Hall
Mission Viejo,
California
A young
Parelli student,
Rachael, with
her Arab, Aloha



Photographer:
Glenn Jordan
Member:
Rhonda Jordan
Phoenix,
Arizona
Rhonda and
Ace play Yo-Yo
Game with the
45-foot Line at
Roosevelt Lake,
Arizona

HONORABLE MENTIONS:



Photographer & Member:
Lisa Wilkinson
Denver, North Carolina
Dale and his horse Dandy,
two dedicated Level 2 students,
studying a Level 2 pocket guide.



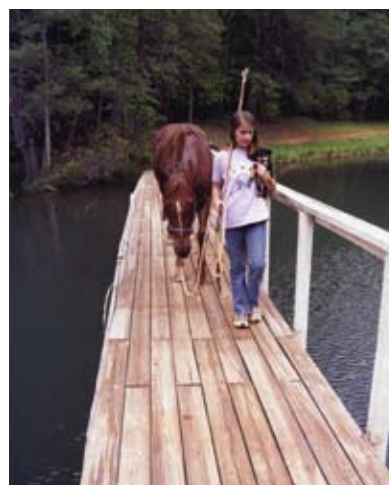
Photographer & Member:
Lana Serrano
Warrenton, Missouri
Relaxing with my two favorite
things—a horse and a ball—
at home in the pasture



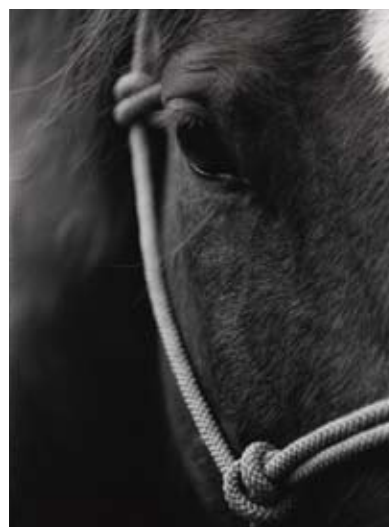
Photographer & Member:
Kirsi Fung
San Mateo, California
'Surrounded by Sea Foam'
Joe and Sunrise at ease with
the waves on the beach in
Half Moon Bay, California



Photographer: Mary Davidson
Member: Libby Stark
Redmond, Oregon
"Reflections." The reflection in
this tidal pool reminds me that
riding with fluidity means a rider
and horse become one.



Photographer
& Member:
Lynn Baxter
Mountain Rest,
South Carolina
My 11-year-old
neighbor Tessa
Moxley and
Calypso experi-
encing the
ultimate
Squeeze Game
across a very
long, wavy,
wooden bridge.



Photographer
& Member:
Amanda Bay
Reading,
Massachusetts
This is a picture
of "Little Girl."
We are
working on
Level 2
together.



Photographer
& Member:
Paula Loftin
Ada, Oklahoma
Curious,
but safe
with Momma

168 HOURS OLD

Linda and I have been away for the weekend at a Parelli tour stop in Minnesota, and on this Monday morning as I watched Smart Seven come down the hill in the pasture, he looks bigger to me, full of life. Jody is leading Scamp, the colt's dam, and Smart Seven is quietly jogging alongside—he's walking where the human is rather than the other side of his mama. It's little things like this that make the difference. The mare and foal are staying in the meadow more and more, rather than up behind the brush. After the first week of a foal's life, the mare's desire to hide her foal subsides.

The deer flies are still terrible, so I decide to spray Scamp and Smart Seven with a non-toxic fly spray. While the colt is nursing, I spray the mare. The foal will soon associate me with the solution to those darned flies. As he suckles, I just spray him as I did the mare. He never lifted his head off the mare's udder. No bribing or sneaking! So many people bribe, drug or force their horses to do even simple things like spraying or clipping.

I ask Jody to turn the mare, and I play a little Driving Game with the foal, allowing him to go back to Scamp. He turns his head towards me and I kneel, allowing him to nuzzle my shoulder and arm. He picks up a fold of my shirt with his mouth. Do I strike him or swat at him? No. Most people think that nibbling is a bad thing and they're right—it can be. But right now he's just doing this out of curiosity. So with a foal like this, I just stay kneeling, crook my arm, and use my wrist and hand to lift and move his head and move him away. I want to cause the undesirable thing to be difficult.

As Smart Seven comes around the front of the mare, he puts his hind feet over the 12-foot lead line. Rather than immediately getting the rope off him, I use this opportunity to teach him to move from pressure. I pick up the lead in each hand, bringing the loop to the inside of his hocks, and apply a tiny bit of pressure. He backs up with each hind foot. Good barbed wire training! You can actually see him thinking his way through the situation. I want to make it a puzzle for him. It makes sense to him to not panic and to back up. Incidentally, by the time a foal is 168 hours old, they've formed patterns—they'll either be panicalholics or partneraholics.

With the lead still attached to Scamp's halter, I use the lead to play the Friendly Game with the colt. The rope goes around his chest and I lightly see-saw it back and forth on him—he loves it! He loves that scratching sensation and even puts the rope in his mouth for a few brief moments.



MEETING SMART SEVEN

Part 5

By Pat Parelli





Then I put steady pressure (Porcupine Game) on the rope that's around his chest and ask him to back—which he does like a champ. He reaches around to scratch an itch, and I kneel down to scratch where he can't quite reach. Ah! We found the spot! He reaches around to "mutually groom" me like he would another horse. I'm honored—he views me as part of the herd. This is okay when the foal is this age, but if I wanted to stop that behavior in an older colt, I would do something like vigorously pump my elbow up and down while he's trying to scratch my arm. He'll keep bumping on my elbow until he

decides it's not worth it and he stops scratching my arm. No one gets upset, the foal doesn't get hit, and his dignity is intact. I haven't offended him.

To begin the Driving Game, I keep the line curved around his body (chest and hindquarters) and then rub his croup, hesitate for a moment, and if he hasn't moved forward, I tap him on the rump with the flat of my hand. He responds by moving forward. I'm really preparing him for the future with all this, for when he's going to be ridden—safely and humanely with high performance goals. That tapping means "go" and when I accelerate my tapping a bit, he breaks into a tiny canter. We want to balance the love, language and leadership in this lesson.

I pick up a Carrot Stick and Savvy String and play the Circling Game with the mare—lead it, lift it, touch it and off goes Scamp on a circle, with Smart Seven circling on the inside of his dam. I step back and draw the mare in to



change directions, and there goes Smart Seven a-gallop' on the outside, then another direction change, and he shifts to the inside again, never missing a stride. It's amazing what they can learn at this age! Remember, he's barely a week old!

So many people let their foals just grow up and they become super prey animals instead of super partners. Others spoil their foals. To me, spoiled means over-gentle, like over-cooked vegetables—it's pretty hard to reverse the situation and "uncook" them. It's so important to get response and respect without fear at this age.

I play the Yo-Yo Game with the mare, wiggling the rope and also wiggling the savvy string in front of the colt at the same time. The mare backs and the foal does too, so I immediately stop.

The Sideways Game is next, and I ask Scamp to go to her left, the side that Smart Seven is on. She goes sideways, sort of body-slamming into the foal, who doesn't leave, go backward or forward, but also goes sideways. They even cross their legs in unison for a few steps!

I put a 22-foot line on Scamp and ask her to back to almost the full extent of the line. The foal nuzzles her udder the whole back-up. Then I ask her for the Circling Game, and Smart Seven just lopes alongside, like he's done the Circling Game forever. Changes of direction? No problem.

Sideways Game again. Scamp has to think about this one, and the foal gets bumped and moves out of the way. He's learning how to read the situation and to respond appropriately. The mare is giving Smart Seven the mental and emotional exercises that will prepare him for the future. This is a malleable time in their lives; they learn so quickly at this age.

As I said at the beginning of Smart Seven's life, after his first week of life, I won't be coming out to play with this foal two or three times a day like I have for these first seven days. I'm going to let nature take its course. Smart Seven needs the social interaction of the herd—there are lots of mares out in this pasture that he can socialize with. I'll come out twice a week, then once a week. We'll continue to give you a progress report and see how far we can go!

384 HOURS OLD

Scamp and Smart Seven have a new vista—outside our house in the aspen grove. There are over 100 students here and now they can all see him. I've been leaving him alone pretty much, but I watch him every morning as I drink my cup of coffee.

This afternoon the first thing I do is to kneel down to scratch him, and if he gets too mouthy and pushy, I scratch harder so he'll back away voluntarily.

This is about the age that foals start using their mamas as play toys. Remember that horses are motivated by safety,

comfort and play—and the mare provides all three things for her foal. This is the age the foal starts rearing up and putting their front legs on the dam, then turn and kick out. This is the point when foals can actually become dangerous. A friend of mine, a veterinarian from California, got kicked right in the forehead by a foal the size of Smart Seven. A lot of this is just play drive—but don't make assumptions!

Smart Seven has never been scratched on the belly, so I reach down and scratch him there and get him accustomed to the sensation, which will later help him with saddling and cinching.

I bring out two Carrot Sticks that are linked together with Savvy Strings and loop the strings around the foal's rump as he faces me. I keep steady pressure on the strings and he comes forward. While I'm playing with the foal, I'm reminded of something that Dr. Miller once said, which has stuck in my mind for decades: "You're always either sensitizing or de-sensitizing the horse; it's up to you to know the difference." Most people de-sensitize horses to things they shouldn't be desensitized to, and sensitize them to things they shouldn't be sensitive to.

I walk backwards with Smart Seven following me, the savvy string loop loose around his rump. Then I moved the strings up around the foal's neck (Zone 2) and lead him that way. The reason I'm not an advocate about putting halters on foals is because that's the easiest place to injure foals, and foals know it. That's where the mountain lion would pounce. For millions of years horses have learned to protect that area of their body. So when people put a halter on a foal and it begins to struggle, and if those people don't have gentle hands and their hands close too quickly, they'll frighten the horse and cause him to pull back. That treatment also affects the horse's potential to yield to the pressure of the reins and the bridle. They're putting opposition reflex in the foal without knowing it.

I keep walking with Smart Seven following me with the strings around his neck, not pulling him along, but just moseying around the yard. My hand is open, not closed, on the Carrot Sticks. The foal follows without hesitation. I just want him to follow a feel. By having the dam loose and just coming along with us, it allows the foal to start to feel confident that he can go somewhere and that mama will come along with him. I do the opposite of what just about everybody else does—instead of leading the mare and letting the foal just cavort around in the wrong place while the mare gets all upset, I lead the foal and the mare follows.

Let's try something different that Smart Seven has never seen—a plastic flag on the end of the Carrot Stick. I slip the strings around his hindquarters again above his hocks and start walking backward. Instead of thrusting the flag at him or

on him, I hold the stick and flag close to my body, pointed a little at Smart Seven, and suggest to the foal that he just follow me and the flag. Again, it's just the opposite of what everybody else in the horse world does. Smart Seven follows, and in just a few seconds, his curiosity is aroused and he stretches out to see just exactly what that flag is. I stop so he can sniff and nuzzle the plastic bag. I'm just thinking like a horse, and this is what a horse would naturally want to do. His curiosity gets the better of him and Smart Seven starts to play with the flag with his teeth, making plastic rattling sounds with the bag. He doesn't flinch or even take a step backward.

I raise the flag to scratch him on the withers with it. Then I drive him forward by tapping his rump with the plastic flag at the end of the stick—an ounce of "come on forward." I change positions and let the strings slip up on his chest, and guide and turn his Zone 1 with the plastic bag and Carrot Stick. We weave between the aspen trees, speeding up and slowing down, adjusting to fit the situation, sometimes with the strings around his rump, sometimes with the strings around his chest or neck, guiding his direction with the plastic flag. When the foal stands still, I use the flag to get the nose to turn, then the neck, then maybe the feet.

That "nose/neck/maybe feet" also helps teach the horse to not escape from pressure. You can also use your arms to block the foal and cause him to turn. Instead of swatting at the foal, I use my arms (or Carrot Stick) to block him and cause him to turn. I want him to yield to and come to pressure. You don't want him to escape from pressure, but to *yield* from pressure.

That's enough for today. I want Smart Seven to look forward to me coming out to be with him. We'll continue to give you a full report! 🐾



Be kind to yourself through the process of “chewing the Parelli Program” one bite at a time.

I'd like to address a common theme, particularly among those of you who are embarking on or are some way into Level 2.

Some of you said you felt “flat.” Some of you said you felt “lost.” Some of you said Level 2 is like the proverbial elephant and you don't know how to break it into bite-sized chunks. (The NEW Level 2, released in September 2005, allows you to learn and progress through Level 2 by utilizing a unique learning modality). And some of you felt shy about writing what you felt, because you didn't have a straightforward “how to” horsemanship question to ask and you didn't know if it was okay to be feeling all the things you are feeling.

This article is to help you realize you are not alone. When you feel as though you are lost in a valley

of despondency, have hope—you are climbing a range of mountains and your destination is the next lookout point.

Now here's a very important secret: You can arrive at a lookout point whenever you want. Just stop, take a deep breath, and have a good look back at how far you have come. Most of us should do this a lot more often—we'd feel better. Then, you can dive back into the fray and continue your climb.

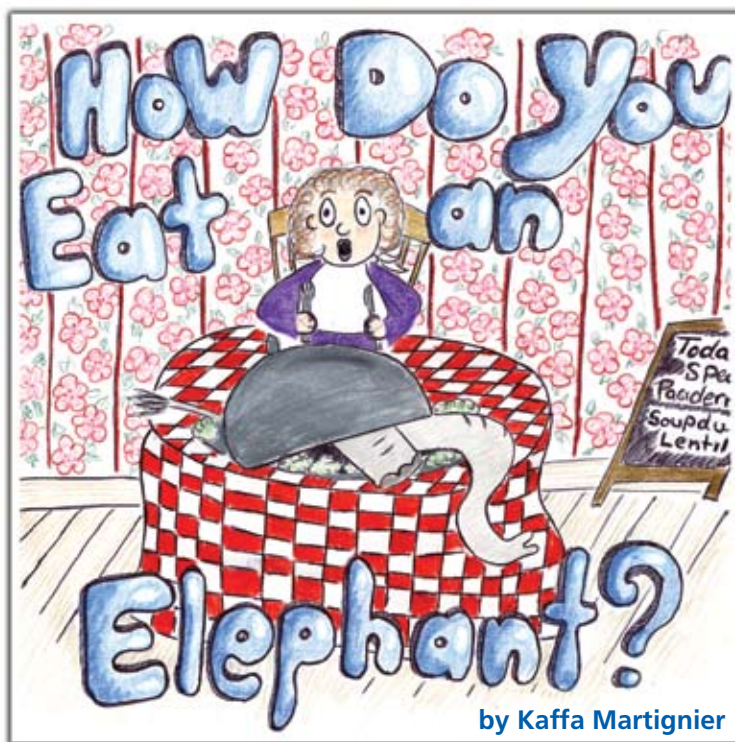
IGNORANT BLISS, OR UNCOMFORTABLE AWARENESS...

One of Linda Parelli's teachers likes to say, “Personal development is rarely convenient.” I think he's referring (at least in part) to the discomfort that often accompanies growth.

Some of the students who've attended my Level 2 courses will remember hearing me talk about how things almost always seem to get worse before they get better. This is because we become aware of how much better it could be.

All our inadequacies are revealed by this uncomfortable new awareness, and we go through all the feelings of “gosh, how terrible I have been at this or that,” before we find the strategies to become better at it. Ignorance truly can be comparative bliss!

Here's the deal: You can have ignorant bliss, or uncomfortable new awareness followed by uncomfortable growth. (If anyone knows of a way to have blissful growth, please contact me!)



by Kaffa Martignier

CAN WE FORGIVE OURSELVES?

Please, try to be gentle with yourself. Nothing is harder or more challenging, than self-development. Nothing. That is why so few people undertake it. But once you have trodden the first steps on this journey... well, you have begun the most important journey you will ever undertake.

It will influence and enrich every area of your life, perhaps most importantly the area of relationships—first with your horse, but then, with your spouse, your children, your co-workers or employees, and YOURSELF. (Are you as kind and just to yourself as you'd like to be for your horse?)

As we absorb the lesson so poignantly taught by Linda Parelli in one of her articles, “My Horse is My Mirror,” we become aware that we are responsible for the behaviors our horses are presenting us with today. When we think back to how poorly we understood why our horses do the things they do, it's hard not to struggle with feelings of self-recrimination.

Our horses are still here with us in spite of all our fumbling, because their role is to be our teachers. That's what Pat means when he talks about becoming the kind of person who can bridge the gulf between prey animal and predator. Our horses are our running mates to allow us, over

time, to become more effective at using equal doses of love, language and leadership in all our relationships.

Our horses do, and will, forgive us our mistakes along the way—but can we forgive ourselves?

LEARNING TOLERANCE...

One of the challenges of thinking like a predator is that tolerance does not come easily to us. We tend to react quickly and think later, and we almost always see the bad in a situation before we see the good. Welcome to another aspect of the journey from predator to partner!

The whole prey animal concept helps us become more aware that horses (and people) act the way they do for a reason. But awareness of this doesn't seem to help us control our impatience, and in fact awareness can just make the whole thing harder—we know how we want to behave, but we don't seem to be able to implement it very easily.

If you are struggling with issues like this, I'd like to recommend two books to you. The first (here's that number 7 again) is called "The 7 Habits of Highly Effective People" by Dr. Steven Covey. If you need help finding it, visit www.franklincovey.com.

The second book is "The Power Principle" by Dr. Blaine Lee. You'll probably find this on one of the big book sites like Amazon.

These two books are written by teachers who, like Pat Parelli, are guided by principles. They are not easy reading, but they are very worthwhile. They may change the way you look at the world—they did for me. I highly recommend them.



LEARNING FROM OUR MISTAKES, RATHER THAN CARRYING THEM WITH US...

Here's one of the hardest challenges of all: You go along through the Parelli Program for a while, you think you are doing okay, then a new layer of realization about how your horse is feeling reveals itself. Now you feel deflated and you beat yourself up because you feel like you've been letting your horse down.

It's worth thinking from time to time about where you and your horse might be now, if you hadn't found the Parelli Program. Okay, so you are a work in progress, and you are not perfect yet. But you darned sure are a long way from where you would be now if you hadn't started the Parelli Program.

What this means is that now you have a choice. You can develop a new level of emotional fitness and leadership and use your new awareness to help your horse become braver and more emotionally fit. Or, you can beat yourself up and blame yourself for his being emotional in the first place! Isn't it the darndest thing that we seem to be better at beating ourselves up for our past mistakes, than we are at learning from them and moving on...



A MOMENTARY LAPSE...

When you beat yourself up like this, you are forgetting momentarily your first Responsibility of "Don't act like a predator; be mentally, emotionally and physically fit." Beating yourself over the head with your past sins is not practicing mental or emotional fitness!

It's worth repeating that: you are forgetting momentarily your first Responsibility... it's a momentary lapse. As a teacher I have learned that if I stay out of the way, students are very good at recognizing their momentary lapses and are self-correcting—unless they get in their own way by choosing to feel that this momentary lapse is how they are going to be for the rest of their lives and there's no hope for them.

ONE BITE AT A TIME

Lastly, let's deal with the feeling that Level 2 is so big, you'll never get there. (If you are in Level 1, and you have the same feeling, then this is for you too). Go look in the Harmony (or Partnership) Pack.

If you are studying Level 1, get a pen, and check off the things in the checklists at the end of each Lesson. ("Oh. You mean those checklists are there for me to use?" Yes.) Now, if you do this properly you are going to come to a lesson where you are not yet able to check off all the boxes. Stop here. Put all the remaining Pocket Guides aside in a safe shoebox or drawer (please don't forget where). In your Pack you should have the audio CD, the DVDs, the Theory Book, the Success Map and the Pocket Guides leading up to the one you are currently playing with.

You need look no further than this. You don't have to look at it all at once. For some of you, looking at it all at once will be fatal to your sense of being able to get it all



done. You don't have to do it all now—you just have to play with the next step or the next Lesson. Remember—a thousand mile journey is made up of single steps, one after the other.

Now, try any or all of the following:

- Put the audio CD in your car, so you can listen to it over and over and over. Just allow Pat's savvy to wash over you. Too many of us listen to it once, then beat ourselves up when we realize we haven't learned what's in it.
- Put one of the DVDs in the DVD player. When the commercials are on regular TV, you can flick over to the Parelli DVD. Again, repetition is the mother of skill. Watching it once only is almost a waste of time.
- Put the Theory Book and Pocket Guides either in the bathroom or by your bed—wherever you are most likely to read them.

Just pick it up and read whichever page it falls open to.

Now in the Pack the only thing left should be the Lessons you have already done, and the one you are currently playing with. You have chunked your elephant down into

something more like bite size!

For those of you fortunate to have the new Level 2 (released in September 2005), you'll experience a whole new way of learning and progressing through this Level. The same reminders for Level 1 apply here, too—acknowledge your progress, review the material more than once, take time to move your lesson cards on the Success Map and take your Savvy arrow cards with you when you go out to play with your horse. When you see an overall assessment on your Success Map, you'll be amazed at what you've accomplished and how all the steps in Level 2 interact with each other. Be proud of yourself and your horse!

A LITTLE ANGEL...

When I started my study of Level 2, being a predator, I set out to scare myself. I turned to the Level 2 task list, and guess what jumped off the page? Yes, the flying lead changes. (And yes, the task list has changed since then.)

I indulged in feelings of inadequacy for about a week, then a little angel sat on my shoulder and whispered in my ear that maybe I should just follow the steps, one at a time, and not look too far ahead.

If it hadn't been for that little angel, and being prepared to listen to it, I may never have started Level 2—and then you would not be reading this.

We all have an angel. It's the part of ourselves that we mostly don't take time to listen to. It's the part of us that whispers to us, "pause... take a break... reflect on how far you've come and on who you are becoming... allow time for transformations to take place inside of you... and just go one step after the other..." 🐾

Kaffa Martignier is an Australian Parelli 3-Star Endorsed Professional who is currently a member of the faculty at the Pat Parelli Centers.





ON THE ROAD AGAIN WITH PARELLI Taking the Parelli Big Rig Down the Highway

by Susan Pritchett

I interrupted Susan Pritchett one day, which isn't easy to do, since she seems to be in perpetual motion, and stuck the tape recorder next to her and turned it on. Most of us are pretty curious about the rig she drives for Parelli on tour—what it takes to get it down the road and how these horses unload at every stop looking so relaxed. Here's what this official Level 3 "equine relocation specialist" had to say.—Editor

The tour is entirely self-contained on our semi rig. The truck is a 2002 Kenworth W900L and holds 300 gallons of diesel fuel. The trailer is a 2003 Jamco 12-horse, 13'6" high trailer, with a tack room and storage for 45 days worth of grain and feed. The trailer has a steel frame with an aluminum skin and air-ride suspension.

The trailer flooring is aluminum, but it has a Werm covering that is troweled into the flooring. It can't be taken in and out like a mat, but has almost an asphalt-like surface that has give to it, but won't break or crumble. You can pressure wash it and there's no way that moisture can get under the floor. I really like this surface. We pressure wash it about four times a year, and put down pelletized wood shavings (not the regular curled shavings) on top of it every time we haul horses. The shavings aren't meant for cushioning, but rather for absorbing urine and fecal matter. If we didn't use shavings, it'd be a swimming pool in there! The pelletized variety of shavings is really great—they absorb more and you get more use out of them.

The trailer holds 200 gallons of water and we have a hot water tank on-board so we can bathe the horses with warm water. There are stadium lights on the outside of the trailer, so there is good lighting available no matter when we pull into a venue. A propane generator on the front of the trailer powers these lights or we can hook up directly to electricity.

The living quarters in the trailer are called a "studio sleeper," with

a couch that can be made into a bed, plus an overhead bunk. The quarters have a refrigerator and closet, but no shower or bathroom. We carry a barbecue grill so that after the show on Saturday night we can host a big cookout for the tour team and all the volunteers.

The trailer is a reverse slant load. The big horses and stallions go on top above the suspension; the design is a little different up there, more like box stalls. By putting these particular horses up there, it keeps them out of the reach of the public. The geldings and mares go on the bottom level. The horses are loaded through a side ramp at the bottom level, and then there's a ramp inside the trailer that leads to the top level. There is a separate escape ramp off the back if we have to take the horses off the trailer that way for any reason. The horses are more confident with a ramp, and it seems easy for them.

The horses walk straight on to the trailer, but they are required to back off. The reason we back them off is about confidence, about not panicking, about being calm.

Most of the horses are tied after they're loaded into the trailer; the last horse is not tied because there simply is no place to tie it. They're tied loosely. The main reason we tie them is because horses like Allure (Linda's horse) would somehow manage to get turned around in his stall with his head sticking out the other side! The horses are tied long enough to drop their heads so they can blow, which is critically important when hauling horses.

The stalls in this particular trailer are angled a little bit steeper, and they're about 3" wider and 6–8" longer than a regular slant-load trailer. That extra space and angle allows the horses to move back and forth and they have plenty of room on both sides.

The horses are not unloaded when I haul them from Colorado to Florida (or vice-versa); they stay on the trailer. The only time they get a layover and are unloaded is if we're doing a cross-country trip for the tour stops. If they're staying on the trailer, they're fed and watered on the trailer at their usual times, or if it's hot, they're watered more often.

Typically they're watered every four to six hours (with molasses water so they get electrolytes) and fed at their usual feeding schedule times.

There may be some design changes Pat wants for the next trailer, but for now, this is a pretty dang nice rig to take down the road! 🐾





"RIDERS IN THE SKY" JOIN PAT AND LINDA ON HORSEBACK!

A new Parelli RFD-TV show will feature special guests Riders In The Sky musicians, one of Pat's all-time favorite groups. With 27-plus years, over 5,000 performances and counting under their collective cowboy belt, Riders In The Sky, the multi Grammy Award winning Western music group whose music is firmly grounded in the rich American traditions of such legendary cowboys singers as Gene Autry, Roy Rogers, and the Sons of the Pioneers—and whose fun-filled performances have enchanted audiences of all ages—are themselves the stuff of legend. Indeed, the Riders—Ranger Doug (Idol of American Youth), Woody Paul (King of the Cowboy Fiddlers), Too Slim ("a Righteous Tater"), and Joey (the CowPolka King)—have revived and revitalized an entire music genre since they formed in 1977.

Pat and Linda had great fun with this group, as they did "conga line" horse simulations with Linda and then played at Liberty with Pat's top horses, doing serpentine through barrels, riding over the 'bridge' obstacle, and putting their horses' front feet on the pedestal. At the end of the day, they played a song, inviting Pat to join in. Then Pat blew their socks off as he and his stallion Liberty did a spectacular spin while Pat was still strumming his guitar! He never missed a beat!

The show will be aired on RFD-TV during the new show season, September–December. Watch for a notice in Parelli E-News for air date.



PARELLI STUDENT JUDGING FRIESIAN KEURINGS

Here's an update on Kris Fulwiler, whose story about becoming a judge for the Royal Friesian Stud Book (KFPS) was printed in the July 2004 issue of Savvy Times. Parelli official Level 3 graduate, Kris has become one of the first two non-Dutch judges for the Royal Friesian Stud Book. After a significant amount of training courses, Kris is now allowed to be the second person on the judging team, along with an inspector. In August 2004 Kris judged several weeks of keurings in Holland alongside four



judges in the ring. At the end of these keurings, she had met all of the Dutch qualifications and is now a qualified judge. In September

2004 Kris judged in the United States and will be judging in the U.S. in September 2005 as well. She judged this past August in Holland and has plans to go to Holland in November and January to learn more about Friesian stallion selection.

Congratulations, Kris—we're so proud of you!

IT MUST BE IN THE GENES!

When asked how he felt about the horrendous thunder and lightning storm we all were in awe of (okay, some of us were terrified) Friday night during Savvy Conference, Jim Paterson, Linda Parelli's father who is well into his 70s, said that he didn't experience it at all because he and his lovely wife, Ruth, were roller skating with their granddaughter Sophie! Who says endurance, stamina, athletic ability and enthusiasm for life aren't genetic!



The Parelli family from left to right: Jim Paterson, Linda Parelli, Yvonne Wilcox, Ruth Paterson, Pat Parelli, Doris Parelli, Jack Parelli, front: Sophie Wilcox, back: Caton Parelli

LEXINGTON, KENTUCKY MOUNTED POLICE SHINE IN PARELLI TRAINING

Three members of the Lexington, Kentucky mounted police force have just passed Parelli Level 1, with Parelli 3-Star Endorsed Instructor Nita Jo Rush doing their evaluations. Two other officers are ready to take their Level 2, and one other is a Level 1 starting on Level 2. The remaining two will pass their Level 1 in the next few months.

All three new officers who are passing their Level 1 were started on the ground with Parelli before they were allowed on the horses' backs!

Officer Lisa Rakes recently gave a demonstration to the Lexington Mayor and City Council members in which she and Officer David Johnson showed police work, as well as Parelli training on- and off-line. Officer Rakes had her horse Jake (gray, 17+ hand Percheron/Thoroughbred cross, and she's 5-foot-nothing) doing police obstacles at liberty and jumps at liberty.

PARELLI PRODUCTS ARE ALLIGATOR TOUGH!

Jim and Michelle Hayes sent the following "testimonial" about Parelli products:

"My wife and I have been enjoying the Parelli line of products for some time now. But just this summer we realized how truly durable they are—in fact the Carrot Stick and Savvy String withstood an alligator that we removed from our yard! Upon discovering the small alligator (5–6 feet in length), we decided we wanted to relocate him and not harm him in any way. We naturally grabbed our Parelli equipment to see if we could savvy an alligator.

"It took a few attempts, but eventually we formed a loop with the Savvy String by running it back through the Carrot Stick's leather loop. We laid it over the gator's mouth and worked it about half way back to his jaws. Then we gently tightened the noose. Immediately, of course, the gator began to roll in attempt to free himself. But we just stood still as if he were a colt trying to figure out a saddle for the first time. In no time he had calmed himself. I carefully picked him up by the head while my wife picked him up by the tail. We moved him into the back of our pickup and relocated him at a creek a few miles from our home. When released, he just slipped into the water and sailed off without a scratch or injury. As for the Carrot Stick and Savvy String—they have already been used to start two more colts and are still holding strong! So on behalf of all Savvy Club members, our horses, and a "savvied" alligator, thanks for a great line of products!"

PARELLI STUDENT EARNS 10TH TEVIS BUCKLE

Perhaps some of you remember the story of Phil Gardner from the "Letters" section of the July issue of Savvy Times. Well, we're elated to report that Phil pulled off another miracle and earned his 10th Tevis buckle for finishing the tough, tough 100-mile ride over the Sierra Nevada Mountains. Interesting to note that Phil got his first Tevis buckle 40 years ago! Phil and his handsome horse Chert are to be commended. Way to go, Phil!





05 Co

Finally, finally here, at the Mecca of Parelli... excitement, relief, awe. A few thousand fellow pilgrims from all over the world wending their way up the scenic drive, glimpsing the cattle, the mules, the ponds punctuated

We're packed like sardines, every spot taken, a sold-out, happy crowd.

The Savvy Team plays with horses, a free-flowing, spontaneous, fun presentation. Will I ever get that good? Parelli University Dean Neil Pye emcees, Pat's niece Katie Drake sings the national anthem beautifully and then Tommy Turvey, that daredevil, comes in at blazing speed, standing on top of his horse, the American flag streaming behind him. Jaw-dropping! Neil introduces Pat and Linda, and the energy almost becomes palpable. Pat dedicates the Savvy Conference to Dr. Robert Miller, who is in the audience and had no idea he was the special honoree for this event.

Pat says there will be lots of surprises this weekend (no surprise to most of us!) and introduces his parents, Jack and Doris Parelli, and Linda's parents, Dr. Jim and Ruth Paterson, to the crowd. Then Pat inspires us with what his horses can do, like jumping barrels flanked by two horses at liberty and two dogs perched atop the barrels on both ends. Wow! Linda's session is on reading horses—it's so subtle that we have to get Savvy to even begin to understand it. Even 'ears back' could be a number of different things...

After a delicious lunch we can choose to watch one of three different sessions. Most people go to Pat's colt-

starting. Never been handled except for gelding and they're going to try to do *what* with these horses? Young Helen Topp and Jake Shoemark have the colts gently 'friendlied,' roped, touched and begin some Games within one hour. Incredible.

Linda's introduction to the crowd of the new western-style Fusion saddle is bound to be exciting. Pat rides his stallion Casper around wearing a Fusion saddle, and Linda says when Casper rode out with his neck low and his front legs free, she knew it was right. He sure looks the picture of comfort now! She explains the special Thera-flex saddle pad and how the air system works. Then she has an instructor ride in his usual saddle and then switch to the Fusion. There are noticeable changes in the horse. If we weren't interested in the saddle before, we got interested after that!

Tommy Turvey appears in his ever-so-hoity-toity military costume and presents an absolutely hilarious sketch as an haute école riding instructor whose session goes horribly wrong. Tommy's horse, Poker Joe, is one heck of a well-trained animal! On purpose, the saddle slides underneath the horse, Poker Joe sits down, dumping Tommy off the rear, then Tommy straddles the horse's belly with the horse's all four feet in the air, using the hoof as

with ducks.

Standing sentinel over the procession is a horse and rider wearing Parelli gear and pointing where to park with her Carrot Sticks! It sinks in that everyone here does Parelli, and I'm finally not the oddball. I walk past rows of porta-potties and huge billowy white tents to the Big Top and hunt down a seat.



Conference

Living the Dream: A Savvy Conference Experience

by Lisa Bradley

a microphone as he croons to a bossa nova beat! The horse gets up and chases Tommy around the arena and under a platform, where, of course, Poker Joe places all four feet. Tommy finally rides out the arena backwards! Amazing!

The day finishes with a round of Parelli Games. There are timed tasks and obstacles, accompanied by lots of cheering, laughing, and clapping. I never get tired of watching these tasks...

Then it's a short trek to the retail tents where I'm blown away by actually meeting the people who make Winnie's Cookies, the Fusion Saddle, manufacture the incredible Cover-All structures, produce APF (what a great product that is!) and run the delectable Parelli Collection. And I get a first look at the new Level 2! Did someone drop this bell on the shelf by accident? And a yellow marker? Hmmm. Don't know. Seems to be in the picture with the Level 2 kit. My curiosity is piqued. Why would you need those? The crowds can hardly wait to pay for their new Level 2 programs, dreaming of that perfect harmony with their horses.

Later I wander over to the Parelli Savvy Club booth (clubhouse!), where Mary Ann Kennedy and Parelli Instructor David Lichman are entertaining the crowd with a little musical jam session. RFD-TV shows are on one television in the tent, and

the other television displays all the Savvy Club photo contest entries. Cool! Four computers line another wall, where people can log on and fill out the Parelli survey, essentially a questionnaire that will help guide the Parellis in their vision for education, business, Savvy Club, courses—you name it. In the back is a booth where a number of people are signing up for Savvy Club Lifetime memberships. People leave pictures of their horses on the bulletin board there, and post notes to each other so they can meet in person after corresponding on the Savvy Club Forum for all this time.

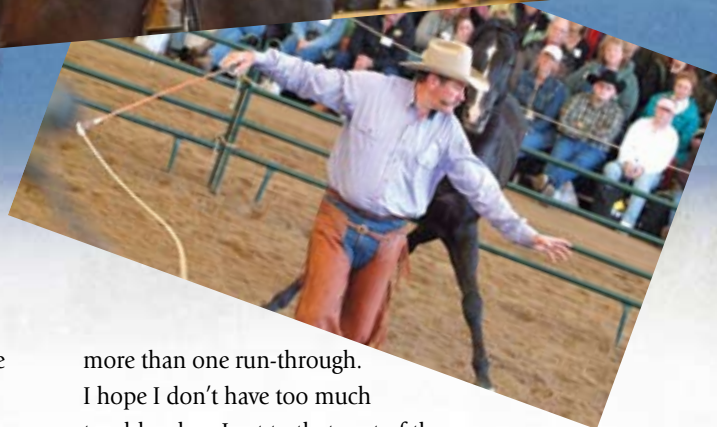
Day Two starts with Pat using his dogs to herd cattle in the little pasture in front of his house. To think I'm seeing it for real instead of on a DVD is a dream come true! I wish all Parellites could come here at least once to understand the taste, colors, sounds, vibrations of this event... Then we go watch another group of folks on the Savvy Team. It's interesting to meet the budding instructors; I wish them well—we need them—lots of them—preferably in my city!

Pat presents "Leads and Lead Changes Naturally" and shows the elements of how to make this mentally-overwhelming task look easy. Hmmm, I hope this part is on the Savvy Club DVD; I think I might need

more than one run-through. I hope I don't have too much trouble when I get to that part of the program.

Linda and her sister Yvonne Wilcox explain the new Level 2—wow, incredible! (Did I already say that? I seem to be saying that a lot this weekend.) Less reading, more DVDs, the bell is explained (attach to Carrot Stick; it rings so we know if we're picking it up too much), cool cards to stick into slots in a progressive map to visually see how we're doing! Gee, if we want to get really organized we can plan out our horse time with the cards and then take those with us! I love how we can put a card in a slot marked, "Tried First Time." This might make me feel better to at least try a new task, then move the card up on the map, realizing that the more times we try, the better we get. I can't wait to get home and get started!

Next Linda does a Fluidity lesson with a brave volunteer, Valerie Taylor,





on a bracing, uptight horse. A major concept this weekend is to back off when a horse is unconfident, and how we can mirror them in their floundering until they “train” us to be relaxed by them relaxing. This is going to take new levels of patience and



savvy, I can see. At the risk of sounding repetitive, I sure hope all these sessions come out on Savvy Club DVDs. Gee, I wonder what things my horse is trying to tell me about saddle fit, lack of confidence and lack of relaxation?

While Valerie is working on mirroring her horse and pushing him sideways hard when he gets uptight, Linda calls for a “special song” for the sound man to play. A song comes on that starts



nicely as so many of them do, and I prepare to figure out the tie-in to horses. I feel my eyes and my heart open wide when the song directly addresses love for horses, riding with unity—even fluidity is part of the lyrics. I can’t help but cry because it is a prayer, a hymn, an anthem to what we’re all into horses for—astounding! Where do I get this song? Linda brings out Mary Ann Kennedy who wrote that song especially for Linda. At the next break a bunch of us rush down to the retail tent to buy her CD—it’s all about horses! Fabulous! I’m listening to it as I write this. I know my friends back home will all cry buckets when they listen to this music; it touches my deepest horse-spot; a very sacred spot indeed.

Then it’s lunch and chatting about what we’ve seen, then the breakout sessions—wagon driving, horse health makeover and equine touch all look and sound interesting but I want to see how the colts are coming along. By the end of that hour Helen Topp and Jake Shoemark are sitting on those horses—astounding! The horses look a little dazzled by the new event, but not upset.

Pat does a session on training for performance. OOoooo, he has a to-die-for, new, tooled, roping saddle. Boy, it’s hard to take my eyes off that custom-made beauty and watch him show us the skills that can lead to an exuberant performance.

The day wraps up with more Parelli Games. But wait—there’s a bountiful buffet dinner in the dining tent, and the band sets up and the dance shindig in the Big Top begins. Some of those folks can really move—gee, I bet they might be good riders, too. Maybe getting good at dancing could help me ride better? Great homework, anyway.

Sunday starts with Cowboy Church. It’s September 11th too, and Neil asks us to remember that tragic day for a moment. Another beautiful patriotic song follows, again presented by Pat’s niece Katie Drake. The Savvy Team

sparkles once more, and boy! those minis really steal the show!

I’m pondering something Pat said, that now for the first time more women than men own/ride horses. The lady next to me says it’s because we finally have the money and power over our lives to do it. Amen! Folks standing in the many lines for porta-potties strike up a rapid-fire interchange about finding horse time. One lady says if only she didn’t work, she’d have lots more time. A grey-haired fellow responds that he’s mostly retired but is busier than ever. A lady pitches in that she only works one day a week and still has to budget her time.

Back in the Big Top Pat introduces Lauren Barwick, a 26-year-old paraplegic who is recognized as one of Canada’s elite Para Equestrians in International Dressage. Pat tells us that she was once a normal rider and was tragically crushed by a bale of hay and now her legs are paralyzed. She had to find a way to ride a horse that didn’t rely on the usual means, and she found Parelli. Pat pushed her out in her wheelchair and helped her into a golf cart; Magic was brought out, tacked up with a saddle that sported a handle. Pat said Lauren had just competed in the Paralympics and had won fourth place. Lauren had spent the last two weeks at the ranch facing terrifying tasks (herding cattle with Pat, far from any





help; playing with the precious and precocious yearling Smart Seven) and finally partnering with Magic.

Magic drew tears from all of us by repeatedly sidling up to the golf cart for Lauren to get on. Perhaps Magic would be the world's most highly trained therapy horse? Lauren went on to blow us all away with her riding. Heck, I can't do a fraction of what she can do, and I have two working legs! At lunch many of us pondered the limitations in our lives and realized that most of our excuses are pretty, uh, lame, compared to what Lauren is facing and overcoming. Inspiration to other disabled riders? Heck, she blows us all away and inspires us all. My immediate thought was to get over my petty difficulties!

Pat was so emotional about Lauren's courage and conviction. After the break he came back with a bill stuck in his hatband for the first donation and explained other ways to fund Lauren's trip to the Olympics (yes, the Olympics is her goal, not the Paralympics). Visit www.ridingforgold.com for more information.

Back to Sunday's presentation.

Pat shared lots of personal and equine history (for instance, how to ride with a spade bit combined with a bosalito), and introduced notable people over the three days. Carrying on with the 'Relationships' theme, he has his son Caton Ryder Parelli come out and try a trailer loading task again that had given Caton and Pat some real challenges during the Games on Saturday.

Pat announces that Caton has passed his Level 3 ground tasks and

has yet to pass his riding tasks. So he gave Caton several tasks to do, which Caton did very well. I was impressed—Caton has overcome some real physical challenges over the years, and is doing a fabulous job of becoming balanced and focused on a horse. Then

Pat's dad, Jack Parelli, comes out to ride Liberty! Pat says his dad has only ridden five times in his life, and recounts each one... Pat then announces that Caton wants to be an instructor, so he invites Caton to instruct Grandpa who takes that stallion for a spin, literally! The three of them wind up riding around the arena together, a touching and inspiring family scene.

Then Pat's buttons begin to burst with pride, and he says that Caton has passed his Level 3 riding tasks, and presents him with a green string. Caton is ecstatic! He takes a victory lap and there's general jubilation. Good on ya, Caton!

Linda does a long session with Replica, the emotional horse from yesterday's mirroring/relaxation session. She rides her after a long session of helping her find relaxation on the ground, and what a batch of excellent riding that takes! I wonder what Linda's mother thinks, watching her daughter.

Tommie Turvey does more daredevil riding, this time riding Roman style on two horses, racing around and jumping over a bar of fire! Then he gets Linda on top of the two horses and teaches her how to ride Roman style! Yikes! Maybe I wouldn't be so worried for her if Tommie hadn't tumbled off during his part...

The day, and the Conference, finishes with more Parelli Games, this time the four riders, Helen Topp, Trevor Carter, Carol Coppinger and Kalley Krickeberg, rode with feathers instead of Carrot Sticks! If the tasks weren't hard enough for

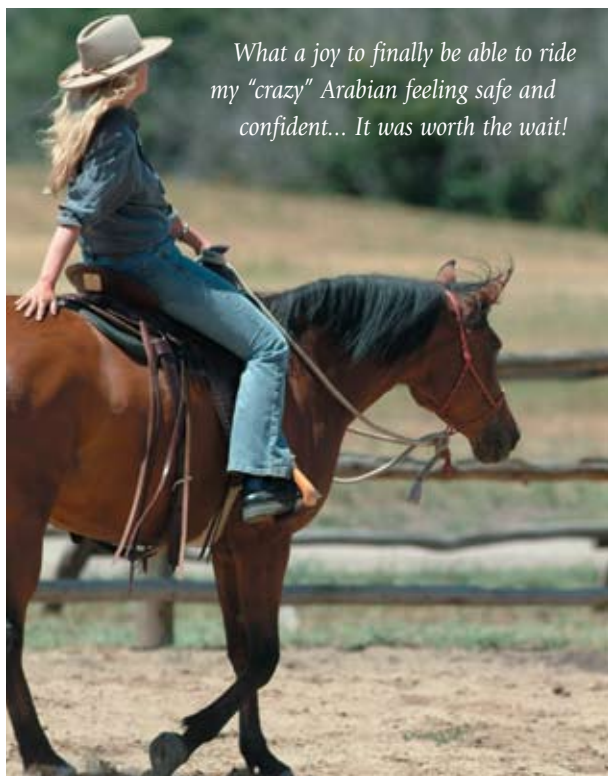
them, time constraints and the expectations of 2,000 people in the crowd must have added to the pressure! We certainly saw top-notch physical, emotional and mental fitness!

The closing ceremonies showcase the entire Parelli Team—all the employees at the ranch, on tour, office staff—everyone. They all came out festooned with gold and black pom-poms, which were tossed with enthusiasm into the crowd. Pat and Linda thanked everyone once again, Pat ending with his famous, "May the horse be with you!" And because of Parelli, the horses truly are with us... 🐾



A Level 2 Journey: Part 4

with Yvonne Wilcox



What a joy to finally be able to ride my "crazy" Arabian feeling safe and confident... It was worth the wait!

Student: Vonni [Yvonne Wilcox]

Horse: Escada [Kenlyn Muscata]

Age/Breed: 6-year-old Bay Arabian Mare

Levels achieved: Level 2 through self-assessment with the Level 1 and 2 Pocket Guides.

Levels Goal: Used to be: To complete Levels 2 and 3 on the ground before trying to achieve Levels 2 and 3 in the saddle.

Now: To go as far in our relationship as we can and enjoy every little step of the journey

In the last three issues of Savvy Times, Yvonne has shared her journey through Level 2 ground skills and what it was like to have a Fluidity lesson with Linda on Linda's Warmblood, Remmer.

This issue we find Yvonne riding her horse who she had vowed not to ride before completing Level 3 on the ground first... So what happened?

So much has happened to Escada and me since the last issue of Savvy Times! The biggest event had to be taking part in the development of the new Level 2 program.

Following taping the video segments for Level 2, we had 14 months of editing, writing and packaging design to work on. The first time I was able to go out and play with the new information was at the beginning of spring this year. Here's what happened!

SPRING 2005

After we had gone through Program Guide 1 in the new Level 2 and edited the corresponding DVDs, I went out and spent about two hours with Escada, exploring the Level 2 Savvy Arrows called "Thresholds" and "Mosey" while leading her from the paddock to a play area with obstacles (about a quarter of a mile).

Before this I had always just led her from 'A' to 'B' and thought that her going right brain on the way to 'B' was because she was a crazy Arabian! This time I watched for the first signs of right brain behavior (explained in Program Guide 1 and the DVDs) and waited or retreated until she showed signs of relaxation. I also made sure we "Moseyed" like never before, looking for the best spots of grass to stop and eat.

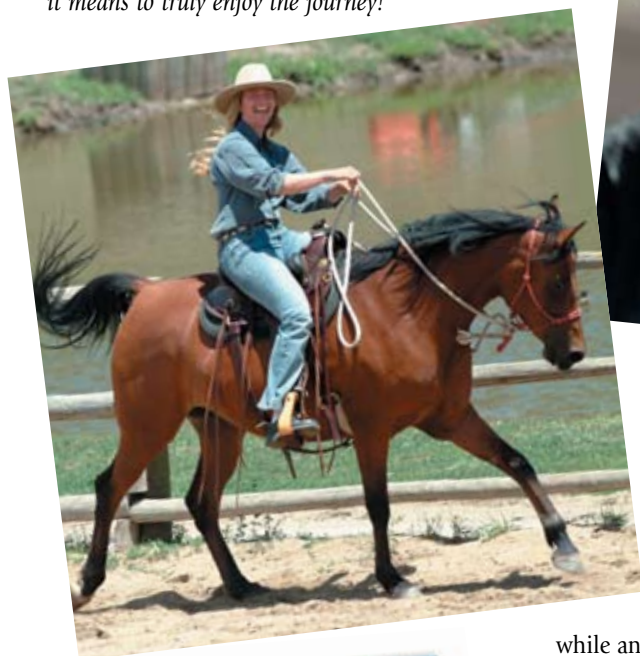
Escada became so connected to me that she began to look my way when she saw some grass, as if to say, "What about this piece?" For the first time ever, when we arrived at 'B', I had a calm, confident, relaxed, not-at-all-crazy Arabian. I had to stop myself from thinking that maybe she wasn't feeling well!

By the time we moseyed back to her paddock, I felt so connected with her, and she with me. It was as if she was mirroring me like a foal with her mother. When we arrived at the paddock, the herd she lived with (approx. 20 horses) were nowhere to be seen. I thought, "No self-respecting mother would let her foal go and then leave!" So I walked with her, down the hill and around the corner, until we saw some of the herd. I let her go, she trotted down to them, and I started walking back up the hill.

As I rounded the corner of the hill, Escada now out of sight, I heard galloping hooves and whinneying. I thought she must be running off to find the rest of the herd. But as the sound of the hooves became louder, I stopped and turned to see Escada cantering around the corner toward me! I felt like I was in a movie!



We're overcoming water fears and cantering issues, and I've become so relaxed – I now get what it means to truly enjoy the journey!



I gave her a friendly scratch, and then kept walking, not feeling too sure about how to handle the responsibility!

She followed me for a while and then realized I wasn't going to stay, so she turned and cantered back down the hill.

The high from this experience is still with me, and I wondered how this new bond would translate to playing on the ground and riding?

With a full work schedule, I didn't get to do much more with Escada until summer came, and by this time I was ready to experiment with more new Level 2 knowledge.

Her growing confidence in me made playing On Line and at Liberty a lot more fun. She would stay left brain more of the time and if she got confused she'd look to me for guidance rather than start to worry or leave. Watching this change in her behavior started to give ME confidence that perhaps I could start riding her!

The Freestyle Riding section in the new Level 2 helped me become very imaginative about our transition from playing on the ground to playing while sitting on top of Zone 3! The first

thing I did was take Passenger Lessons bareback

with my feet on the ground... I would throw my arm over her back (she's about 15hh) as if it were my leg, and "ride off" with my feet on the ground. I felt safe because it was easy to "get off" and I felt confident because I could deal with any issues without worrying about falling off. To her it must have felt like I was riding because she displayed all the behaviors that are the reason I don't ride her! She got impulsive and right brain, but because I was on the ground I could manage her through it. I could back her up, play "Tit for Tat" (described in the new Level 2), and do it with confident leadership, which was what she had always needed from me.

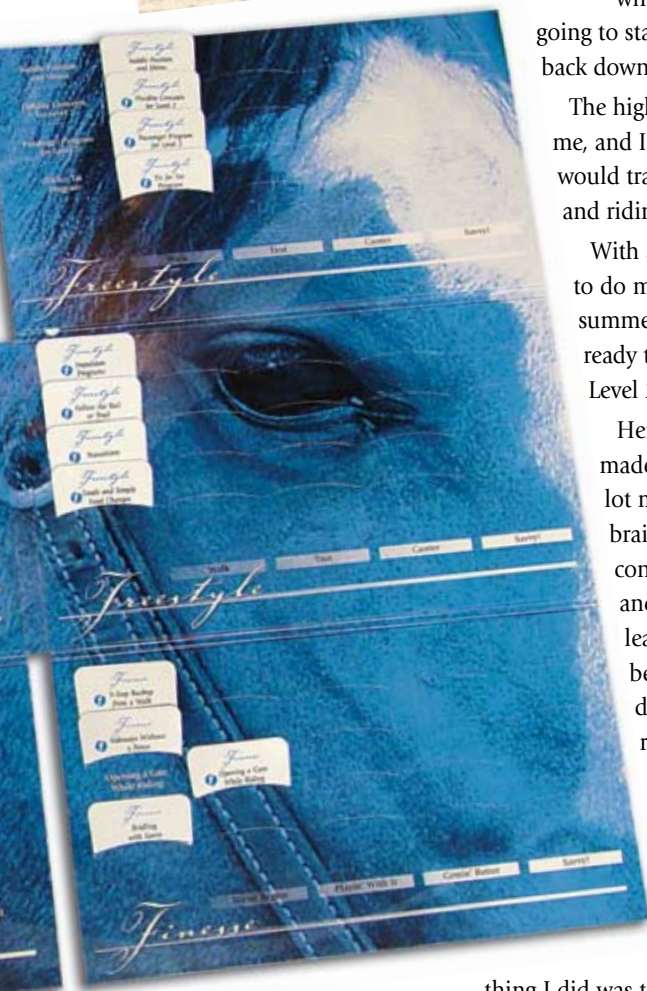
I did the "Passenger Lessons from the ground" about three times a week for the next three weeks, for about 20 to 30 minutes each session. After the first three sessions, Escada began to stay left brain as we "rode" and I started to feel confident about truly being on her back. I could also practice my Fluidity this way; I could mirror her movement because I could feel it through my hand and arm over her back.

So... I made the transition to riding, and it was awesome! Everything I saw and felt riding her while on the ground translated to being on her back. For the first time in my four years with this horse I could be on her back and not be afraid of dying!

I cannot say enough about what the new Level 2 has done for my confidence and imagination with my challenging Arab. It has filled in the missing pieces to help me read and understand her, so I can make real progress with "the horse that shows up."

NEXT ISSUE: Cantering is my new challenge! Next issue I'd love to share my experiences during the Fluidity Course with Linda in August 2005.

As soon as I got my new Level 2 pack I put my Success Map together. I was really surprised and pleased to clearly see where Escada and I are in our Level 2 journey.



A Conversation between GinnySue & Carolyn Hall Young... The Promise of Hope



Carolyn Hall Young from Santa Fe, New Mexico lives with her husband Warren in a valley of majestic beauty with their loyal animals. Their home, once

of Spanish Royalty in the 1700's, was near ruins when they acquired it. With more imagination than money and a supportive community, the soil is alive again. Her exquisite flower and vegetable gardens and genuine love of animals keep her busy along with her God given artistic talents. As an accomplished painter with a Master of Fine Arts degree and a BFA, their home overflows with her creations. Collectors of her works reserve pieces before they even exist.

In 1989, Carolyn was diagnosed with advanced stage, non-Hodgkin's lymphoma. She has had to learn about cancer, treatment, insurance, mortality, etc. "Being diagnosed with a life threatening disease is frightening and stressful. Navigating the medical system in our nation is brutal. Health insurance and wealth will not protect you," she shared. Her intense dedication has helped bring cutting edge treatments and technology to her area as well as provide emotional, physical and spiritual gain to others who are in need. The gift of one's experience provides the living proof of human strength and resilience to make another's journey less frightening.

Carolyn's coping skills are simple. One: Have an attitude of gratitude. Always look for a reason to be grateful giving thanks first and asking questions later. Two: We can always be thankful of our capacity for compassion that is enhanced by pain. Three: Good that we do comes back multiplied. Extraordinary people surround us. Do you notice? Carolyn insists that she is not an "extraordinary" person, however I must disagree with her. As her exact words from one of our telephone conversations, she spoke of one's impact on another as a "pebble hitting the pond" meaning that every action and every word has an impact on the whole world: positive or negative. "Words are important: they have the power to encourage or discourage people more than we realize." We must not forget the importance of loving our fellow beings.

I realize more than ever that Carolyn is an artist in every way. Not just because she creates paintings, but also because she encourages healthy growth of everyone and everything. "Anything is possible if you are willing," she stated with passion. As I sat with her on the porch of her beautiful home, I witnessed her living those very words.

This very brief introduction to Carolyn and

the gentle yet intensely strong will that makes her who she is brings me to her love of horses. She gives much credit to her trustworthy and faithful companion "Terbay" for her 16-½ year survival. Terbay, a 33-year-old gray Mustang from the Navajo Reservation in Arizona has been with Carolyn since 1992. Along with their other treasured horses, she often spends more time loving them than riding and in return they take her to places emotionally, mentally and spiritually that could not be reached without them.

Carolyn had been interested in Parelli for many years, but treatments left her with significant weight loss, a collapsed lung and total exhaustion. When at her weakest, her husband would take her to the barn via the wheelbarrow to sit her on Terbay. Those moments gave her wings!

Being so frail, her trip to the 2004 Savvy Conference was not possible. Dear friend, Chris Krisov called daily to report the flow of events. Carolyn insisted she bring the newly launched Level 1 home for her. Having it in her hands, she took the golden opportunity to watch it... over and over and over! "I can do this," she told herself.

As an amazing caregiver, Warren is her main support. Riding a horse was an occasional event for him. Classic guitar, karate (black belt) and long distance running (Grand Canyon Rim to Rim run) are his interests...not horses!

Determined to find an instructor, Carolyn called the Parelli office and was connected with Jinita Hayes, a person who would soon prove to be one of those "extraordinary" gifts in Carolyn's life.

As they spoke over the telephone, Carolyn expressed her sincere desire to "pass... breath... level... breath... one... breath." At that time, anyone on the other end of that phone would have thought Carolyn was in la-la land. She weighed only 80 pounds and was gray in color. The simple task of breathing would exhaust her. With incredible determination, she marked each day that she made it to the barn putting principal to purpose. Jinita called often to cheer her on.

A dream came true when Jinita called to say she would be in Santa Fe for a clinic. Doing her best to be there, Carolyn made it. Jinita was teaching a group with an amazing range of skill, athletic ability and age. Carolyn felt a "safe port" with Jinita and with that, she was able to feel fun! Jinita's humility, honesty and grace have blessed Carolyn in countless ways. "I treasure her confidence in me and will always appreciate her kind heart," Carolyn said.

As time passed, the assessment gained importance, however she wanted a "real" pass... not one based on sympathy. Jinita assured her that as a Parelli instructor, "pity passes" were not allowed. When Jinita handed her a red string, Carolyn was moved to tears.

At the close of the clinic Warren asked

when Jinita would be back. Carolyn was puzzled by his question. "I want to pass Level 1," he stated with enthusiasm.

The power of commitment and joy that gave such pleasure to Carolyn had inspired him.

Their award shares a special place in their art filled home: two certificates, two strings, two pins and a photograph taken in the Valles Caldera National Preserve of the Jemez Mountains where they ride as volunteers to ensure safety of the riders and land.

In March Carolyn respectfully declined her doctors recommendations for the next course of chemotherapy. She was exhausted from the cycles. There was no guarantee with the treatments other than the side effects. She chose to listen to her inner voice and "measure the impact of sheer joy" on her body.

"Find what you love amongst the thousands of other things you do and DO IT! Find your gifts and use them. Fill your heart with love and joy. It will make you a better person."

Carolyn questions, "If we treat horses and humans fairly and nourish our relationships while being as healthy as we can be... wouldn't that change the world? If we can try to see through our horse's eyes, can we try to walk in another person's shoes? If I can use horse training to persuade the regional hospital to be more humane to cancer patients, can we not apply it to inspire peace on earth and good will to all?"

In closing she states this truth..."Your horse might be a mirror of you, but how you see the world is a vivid mirror of your own attitude." She thanks Jinita, Pat, Linda and the team for this level of security, safety and fun.

In this life, be realistic. Keep hope and determination. Whatever commitments you make... keep your promises. With regards to our Parelli journey...our promise is to our horse.

PS: The last doctor's visit was exciting. Carolyn had color, she went from 80 to 97 pounds with muscle tone and the sparkle in her eye spoke of hope. Her disease is stable. She welcomes any miracles: big or small. This is Carolyn's deal in life. Even if it was not her wish, she wouldn't dream to trade it for yours. What she has chosen to do with her opportunities is profound.



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